

Cheshire Smile

Quarterly Magazine of the Leonard Cheshire Homes Around the World—March 1986 25p



PARK HOUSE PROGRESS

STORY ON PAGE 36

Cheshire Smile

The Quarterly Magazine of the Leonard Cheshire Foundation

Founded 1954

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Cheshire Smile is edited and managed by disabled residents at Le Court. Contributions to the magazine are invited from all readers. Opinions put forward in individual articles do not necessarily represent the official view of the Leonard Cheshire Foundation. It is the Editors' aim, however, to encourage free expression of ideas but they reserve the right to shorten, clarify or reject, at their discretion, material received for publication.

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All communications regarding advertising in Cheshire Smile to be sent to the Secretary.

Creative Activity Contest 1985	Page 7
Canadian Adventure	10
Cheshire Homes Around the World	19
Modern Marvel for Maria	26
Car Comforts	28
Around Britain	30
Letters	34
Fund Raising at Park House	36
Focus on Freshfields	38
A Talent for Preservation	42
Park House—Progress Report	44
Obituaries	45

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With acknowledgment
and thanks to
Alex Graham and the
Daily Mail

Editorial

As the summer edition of Cheshire Smile will be published at about the same time as the annual conference in June, we are taking this early opportunity to advise residents, staff and all who may be attending the conference that the main topic chosen for discussion will be on the subject of privacy in its many and varied aspects — privacy and buildings; privacy and medical treatment; privacy and money management; privacy and Family Support Services; privacy

and personal affairs. Cheshire Smile being first and foremost a magazine for the residents and staff living and working in the homes, we feel that it would be appropriate to open the debate in the columns of Cheshire Smile, allowing those unable to attend the Conference an opportunity to add their views. We invite readers to write and tell us what they consider as the most important aspect of privacy and, what they would expect to find when entering residential care. The

basic essentials of shelter and care cannot, by themselves, be sufficient to satisfy the long term needs of adults living in these communities.

It is only in recent times that any thought had been given over to the needs of privacy for people living in residential care and the Leonard Cheshire Foundation, aware of this need, encourages Homes to offer this provision.

Over the years attempts have been made to find a new title for our magazine and at a recent Cheshire Smile Panel meeting the subject was raised for further consideration. In the past competitions had been set up to find a more apt and less patronising title, but entries submitted failed to reach a standard expected to merit serious consideration, and the title remained unchanged. We now feel that the time has arrived for a further attempt to be made and ask readers to send in their suggestions not later than 30 June 1986.

Home gets go-ahead

Readers of Cheshire Smile will remember the report in the Autumn issue (page 33) modifying the plans of the South West Essex Cheshire Home due to heavy calls on the Leonard Cheshire Foundation's monies elsewhere.

Members of the Steering Committee, supporters and friends expressed their concern at this change in direction and at a Public Meeting held in June, these views were put very strongly to those Trustees of the Foundation who were present.

Because of the strong local feeling a further meeting with the Foundation's Trustees was sought and took place in November.

Mr Roy Payne, Chairman of the Steering Committee, is pleased to announce that permission has been given to his Committee to build a long-term residential Home for the severely physically handicapped

persons in South West Essex and adjoining London Boroughs. The Chairman of the Foundation expressed the wish that building on the site in Lambourne Road, Chigwell commence in 1986 and offered the Committee an interest free loan of £250,000 from the Foundation's funds.

Since 1981, the Year of the Disabled, the concept of Residential Homes for the disabled has changed—giving more privacy to each resident whilst enabling him or her to enjoy the benefit of constant care and living a full life within the small community.

New plans are now being drawn incorporating these additional facilities and were submitted for approval early this year. Inevitably these additional facilities will increase the cost but not dramatically.

It has been seven years since the first meeting of people, who

appreciated the need for a Home for the severely physically handicapped persons, took place. During the ensuing years the committee found a piece of land of approximately 2½ acres, obtained planning permission and purchased the site. During the last few years £200,000 has been raised, much of it by the generosity and hard work of local people and small organisations to whom the committee offer their sincere thanks. However this is not the time to be complacent. To start building in 1986 a further £150,000 is needed within 12/18 months.

The Committee is determined to reach the target because they have a list of persons seeking admission, many of whom have been waiting some time.



the Chairman says

From time to time I am asked what the Leonard Cheshire Foundation does.

The answer is that its work consists of providing disabled people with support and/or help and/or care within the resources available for as long as they need, whether in their own homes or in buildings shared with other disabled people. This is a wider concept of help and care than is apparent when we speak only in terms of "a home for life", but it does not detract from the principle of a "home for life" in existing Homes. It is more responsive to each individual's needs and wishes, which can often change, and thus provides security for disabled people whether living in their own homes or in Cheshire Homes.

In pursuance of this general aim, appropriate care and support should be provided, as best meets the needs of each disabled person in his or her own home, or in a Cheshire Home or in some other development (e.g. on the basis of providing accommodation in small units, not necessarily on one site, with a housing management office or resource centre which would organise care under the control of a Management Committee).

The Trustees feel that the needs of all disabled people who are not in need of hospital care should be met by this range of accommodation and/or appropriate care and support and will encourage the carrying out of such development where possible in association with local authority housing departments and suitable Housing Associations.

Peter Rawley

International Director. Mr. Gwyn Gwilym, MBE, Export Sales Development Director, Mars Inc., who personally sponsored the Contest, presented the Cups given to the Homes with the greatest number of overall points here in the U.K.—Douglas House, Brixham and Overseas—Katpadi, Scuti, India.

Creative Activity Contest 1985

Many prize winners and runners up, together with invited guests attended the prizegiving ceremony at the Westminster Conference Centre, Morpeth Terrace, London on Thursday 31st October. After a buffet lunch, the presentation of prizes took place. Mrs. Peter Rowley, wife of the Chairman of the Leonard Cheshire Foundation, presented the Handicraft prizes; Mr. Roger de Grey, President of the Royal Academy of Arts, presented the prizes for paintings; Lady Wilson, wife of the former Prime Minister, Lord Wilson, presented the Literature prizes (Poetry and Prose) and Lady June Onslow, Trustee of the Leonard Cheshire Foundation, presented the prizes in Photography. The overseas Prizes for Painting, Handicrafts and Photography were received by members of the International Office and presented to them by Mr. Ronald Travers,

In his introductory remarks, Sir Christopher Foxley-Norris, Chairman Emeritus, gave apologies for the absence of the Chairman, Mr. Peter Rowley who regretted that he was not able to attend. He thanked Mr. Gwyn Gwilym for once again sponsoring the Contest for which a record number of entries were received from 34 Homes in the United Kingdom and from 16 Homes overseas.

Sir Christopher said it was particularly pleasing and encouraging to note the increase in entries from overseas Homes, especially with the problems participants have due to a lack of security in overseas postal services. He also thanked those people in the Homes and in the Central Office who helped to make possible the success of the Contest.

The judges in the four sections were as follows—Handicrafts (Categories A, B & C), Four Senior Tutors, Handicrafts Advisory Association for the Disabled; Paintings, Mr. Roger de Grey, President, Royal Academy of Arts; Literature, Lady Wilson, poetess and wife of the former Prime Minister, Lord Wilson; Photography, Mrs. Sue Davies, Director, The Photographer's Gallery, Great Newport Street, London.

Mr. Gwyn Gwilym announced that he would be happy to sponsor the Contest in 1986 and for this he received warm applause. Mr. Gwilym said that he hoped that he would have the chance to visit Homes as he was soon to retire. He told the gathering that the tapestry made by Mrs. Rosa Krepa, St. Anthony's, which she had presented to him last year, had raised £150 towards the Koutoubia Cheshire Home, Marrakech. Mr. Gwilym has a deep interest in this home and has raised many thousands of pounds over the years to help with the upkeep of the young polio victims who live there.

The 1986 CREATIVE ACTIVITY CONTEST
will be held on Wednesday/Thursday
29/30 October at the Waterloo Suite
Royal Festival Hall, London S.E.1.
CLOSING DATE FOR ENTRY FORMS in
all Sections—Tuesday 24 June 1986

**For individual winners
and runners up
SEE NEXT PAGES►**



Gwyn Gwilym congratulating Rosa Krepa, St Anthony

Gwyn Gwilym U.K. HOMES CUP for greatest overall points in all Sections—DOUGLAS HOUSE. Gwyn Gwilym OVERSEAS CUP for greatest overall points in all Sections—KATPADI, SOUTH INDIA.

U.K. SECTION

HANDICRAFTS A

1st Prize ROSA KREPA, St. Anthony's
 2nd Prize PHYLLIS ROBERTS, Dolywern
 3rd Prize MURIEL PROWSE, Douglas House
 Highly Commended: Certificates of Merit
 PHYLLIS YOUNG, Le Court
 MARY BRAND, Mickley Hall
 PHYLLIS ROBERTS, Dolywern
 GEORGE JOHNSTONE, Holehird

HANDICRAFTS B

1st Prize GARY EASTLEY, Chipstead Lake
 2nd Prize IAN SHORTER, Chipstead Lake
 3rd Prize CHARLIE GRANT, Mickley Hall
 Highly Commended: Certificates of Merit
 MICHAEL BARNES, Chipstead Lake
 SYD JONES, Mote House
 RAYMOND BRACKLEY, Carnsalloch

HANDICRAFTS C

1st Prize DERECK MACDONALD, Eithinog
 2nd Prize MARIION SAUNDERS, Douglas House
 3rd Prize FELICITY DUDER, Douglas House
 Highly Commended: Certificates of Merit
 MURIEL PROWSE, Douglas House
 MARGARET THOMAS, Mickley Hall
 HENRY DAWSON, Seven Rivers
 EDWARD BLOR, Hutchings House

PAINTINGS

1st Prize PHYLLIS POCOCK, Coomb
 2nd Prize HARRY STOLLERY, The Dukeries
 3rd Prize DAWN CLIPSON, Greenhill House, Timbury
 Highly Commended: Certificates of Merit
 RUTH BOXALL, Greenhill House, Banbury
 DOROTHY DAVIES, Coomb
 RICHARD WILKIN, Chipstead Lake
 RAYMOND CLARKE, Greenhill House
 Special Prize: BRIGID HANLEY, Greenhill House

PHOTOGRAPHY

1st Prize RICHARD MORLAND, Mickley Hall,
 ROWLAND WILKINSON (Joint Entry)
 2nd Prize DAVID JOHNSON, Douglas House
 3rd Prize JOSEPH EYRE, Hovenden House
 Highly Commended: Certificates of Merit
 IAN BALLARD, St. Michael's
 CHRISTINE SIMPSON, Chipstead Lake
 JILL DALBY, Greenhill, Oxon

LITERATURE—PROSE

1st Prize MARY STILING, Douglas House
 2nd Prize JOHN CHURCHILL, Greenhill House, Avon
 3rd Prize JANICE BASS, Douglas House
 Highly Commended: Certificates of Merit
 MARJORIE BUCHANAN, St. Teresa's
 ALAN HANDFORD-RICE, Douglas House
 WILLIAM FARLEY, St. Cecilia's

LITERATURE—POETRY

1st Prize DOROTHY SORRELL, Holehird
 2nd Prize JAMES GRANT, Carnsalloch
 3rd Prize JOHN FENNER, Douglas House
 Highly Commended: Certificates of Merit
 JOAN CAMERON, Seven Rivers
 MARIION SAUNDERS, Douglas House
 BERYL MORTON, St. Cecilia's



Syd Jones, Mote House, accepts his Highly Commended Certificate



Gary Eastley, Chipstead Lake, receiving Handicrafts B First Prize from Mrs. Peter Rowley

Mary Stirling, Douglas House, receives her prize for Prose (First) from Lady Mary Wilson

OVERSEAS SECTION HANDICRAFTS

1st Prize CHAN KUOK KIONG, Sarawak

2nd Prize MELANI, Wisma

3rd Prize RENY, Wisma

Highly Commended: Certificates of Merit

SOH HEE LENG, Sarawak

DAH AJENG KEBING, Sarawak

KOK KWAN CHONG, Singapore

GROUP ENTRY, Jersey

PAINTING

1st Prize KRISHNAN KUTTY, Trivandrum

2nd Prize BERYL GILBERT, St. Laurence, Cork

3rd Prize JAMES O'RIORDAN, St. Laurence, Cork

Highly Commended: Certificates of Merit

PHILIP ANG CHES CHIENG, Singapore

ROY KELLY, St. Laurence, Cork

JAMES SHANAHAN, St. Laurence, Cork

PHOTOGRAPHY

1st Prize SUHERI Jakarta, Indonesia

Highly Commended: Certificates of Merit: Not awarded in this Section owing to insufficient entries



Canadian Adventure

by PETER MILLWOOD

Arnold House · Enfield

After months of planning my dream had finally come true; Saturday 23rd of August saw me setting off for Canada upon what was for me a holiday of a lifetime. I had thought that this "dream holiday" would never be possible after learning ten years ago that I had been diagnosed as having a rare, incurable muscle handicap. As it happens, my handicap has pushed me into wanting to achieve goals that I would have considered as impossible; going to Canada was one such goal. It had taken a lot of work finding out the places that I could stay as well as how I would travel about Canada. Much of this information was supplied by the Canadian Tourist Board who were most helpful in supplying places to contact about facilities for the disabled. After much searching I realised that the easiest way to travel around would be to hire a large American style Motorhome.

Friends and family

The next big question was how was I going to finance this holiday? Obviously, not being able to work I could not meet the whole cost myself. I then had the idea of contacting various specialist charitable trusts that made grants to the disabled to enable them to go on holiday and pay for their escorts, after three months writing, I had managed to raise the majority of the funds required to pay for the two escorts that I needed to take with me. I had asked a good friend who worked during her holidays at Arnold House if she would like to be one of my escorts, she naturally jumped at the chance. My second escort was a friend of the first and with whom she had spent three years at college, but I did not get to meet her until two weeks before we were to go! The flight from London Gatwick to Toronto took nearly eight hours, during this time we were served a main meal, endless drinks and a cream tea just before we landed. We arrived in Toronto just after 2 pm Canadian time and were met by my sister, her husband and two children. We stayed with my sister for five days, during which time they took us to see the giant CN Tower in Toronto which has an observation level at the top which overlooked the whole of Toronto and Lake Ontario. On another day they took us to see Niagara Falls, what a sight that was, with the water pounding over the top of the falls the whole place trembled with the power of it. We stayed there until nightfall to see the falls lit with coloured lights. It was a very splendid and spectacular sight.

Blue clay and Indian Territory

On Monday we were to pick up an American style Motorhome which would allow us to travel around on our own for the remainder of the two weeks, unfortunately this particular Motorhome proved to be unsuitable, so we had to think again how best we could manage with all the luggage that we had. Eventually we found a more suitable vehicle and with the aid of a roof rack managed all that luggage. On Wednesday we set off with my sister and her family to a holiday cottage near Lake Huron, which was about one hundred and fifty miles from where they live. It was a delightful place set beside a small river, with deep pools that were ideal for fishing or swimming. The next morning was the start of our own exploration of Canada. We set off for a place called Blue Mountain, which is a group of mountains with a small town near the base of them. In this town you can of course find the Blue Mountain Pottery. Clay from the mountains gives the pottery a lovely blue finish. From here we moved further north into Indian country, and the Algonquin National Park which is an Indian reserve, where only Indians are allowed to build houses. The park is absolutely breathtaking, it is wild, with pine forests and clear water lakes.

Peter and his sister Claire in Niagara Gardens



Ottawa

The next day was spent driving to Ottawa; the Capital of Canada. We spent the whole of Sunday looking around this city where one in every four people work for the National Government. We also had a guided tour around the Parliament buildings which apparently are just like our own Houses of Parliament. It was surprising that although Ottawa is the capital of Canada it only has three hundred thousand residents, compared to Toronto which has over two million and is obviously the most wealthiest city in the whole of Canada. From Ottawa we made our way north to the walled City of Quebec. We looked around as much as we could, but this was not easy owing to the very steep hills, in the end we decided that it would be easier just driving around the city by car. We did however, get a guided tour around the Citadel, which is a fortress built on the highest point of the old walled city. We left Quebec in the late afternoon and drove for several hours to get as close as possible to Montreal so that we could spend the whole of the next day there, we managed to cover nearly all of the two hundred miles in just under four hours driving. We found a small motel to stay in and got to bed early so that we could leave for Montreal early the next morning.

Montreal

We arrived in Montreal shortly after eleven o'clock the next morning and made our way to the Olympic stadium where we were taken on a guided tour of the whole of the 1984 Olympic site. To actually be where this event was held, meant a great deal, and it certainly was well worth the visit. After visiting the Olympic complex, we then made our way to one of the many markets that are held in Montreal on a Sunday. This particular one was in the Italian area of Montreal and sold mainly fruit, vegetables and a wide variety of flowers. Most of the fruit and vegetables had been grown in some part of Canada and were very fresh. The prices for them were much lower than here in Britain, as was much of the food we had in Canada. We spent the remainder of the afternoon walking around the streets, and noted that the houses were built in the Italian style.

The Thousand Islands

From Montreal we made our way south following the St. Lawrence river to a small town, where we took a three hour boat trip around the place they call "The Thousand Islands", in fact there are nearly two thousand islands. This boat trip took us the closest we were going to get to the USA, as during the voyage we stopped off at a place called Bolt Castle which is actually on American soil, this meant that we could not go ashore without a visa. This was a most enjoyable trip seeing the islands where film and pop stars had their homes as well as the very wealthy industrialists. It was unfortunate that most of this trip was made in pouring rain as up until now the weather had been fairly good. By evening the rain was heavier and not very nice to drive in, so we stopped off early and found the small cottage that we had rented by the side of the St. Lawrence. The next day we made our way further south to a small town called Oshawa where we visited the Cheshire home there. It certainly was different to any Cheshire home in Britain as they are run differently and they were moving into setting up flats for independent living for residents of the home. All the residents were very friendly and pleased to see us and hear about Arnold House. That night we made it back to my sisters house where we stayed for a few days to relax before continuing on our journey. The weather was now very hot and it was nice to be able to sit in the garden in the sun and not have to worry about whether it was going to rain.

Going West

At five on Monday morning we set off for the airport to start the second part of our adventure. Our flight left at seven thirty Toronto time and arrived in Calgary in the west of Canada shortly after 1 pm local time. When we got off the plane it was near freezing with the temperature not much above five degrees; the day before they had had fifteen inches of snow which had disappeared overnight—which is quite usual! Although it was cold, it was not a damp coldness as in Britain, but a dry cold which meant that we could stand it being cold and just go around



A Cheshire Home in Oshawa, Ontario

in a jumper, or if it was sunny simply a shirt. We were picked up at the airport by a local taxi company called the "Handicab Service for the Disabled", this was basically a van with a ramp on the back which allowed me to remain in my wheelchair. After loading all the luggage and myself into the van we set off to the Motorhome Company from whom we had hired a Motorhome for the remainder of our holiday in the west of Canada.

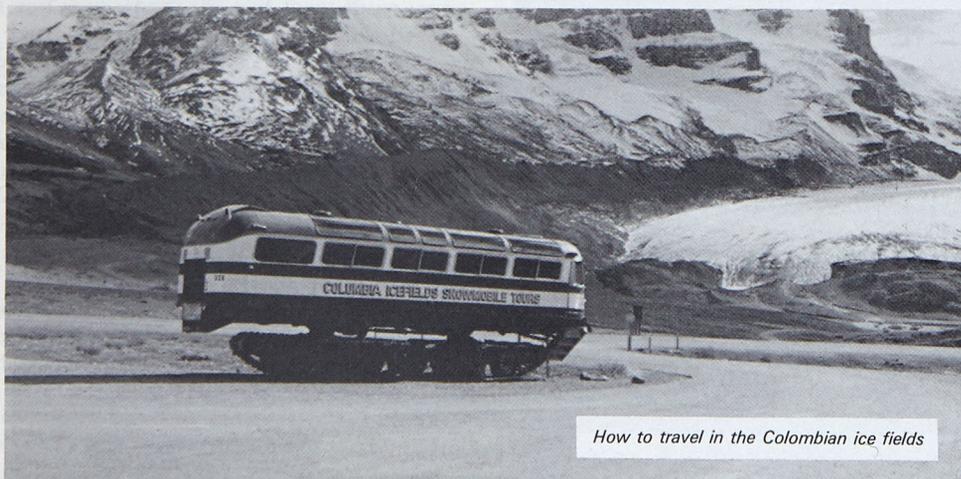
The Rockies

The taxi driver took us on a tour of the city of Calgary and showed us all the sights, after half-an-hour sightseeing we eventually arrived at the Motorhome Rental Company. After spending several hours there we finally sorted out a suitable motorhome. This particular model was twenty-six feet long and had every possible convenience that could be expected in your own home, it was certainly most comfortable during our trip. Having this motorhome meant that we could stop at any place we wished. We set off from Calgary in the late afternoon deciding not to travel very far as it was getting dark and the two girls wanted to get used to driving such a large vehicle before travelling at night. We made it to the next main town from Calgary named Banff, this was a delightful town with one major shopping street. The whole town was surrounded by snow capped mountains. This was the start of the Canadian Rockies! On Tuesday we spent a lot of time in Banff taking a cable-car ride up to the top of one of the largest mountains near the town, we next drove to the east of Banff up into some more mountains where we found a beautiful lake hidden amongst the mountains and the pine forests. In the late afternoon we made our way up the Trans-Canada Highway passing through magnificently beautiful scenery, pictures do not really do justice to the Canadian Rockies, you have to go and see them to experience the sense of freedom they convey. Every bend in the road led to an even more breathtaking view, and each time we had to stop to take a photograph of it! The next day we visited Lake Louise, which is in the middle of the Rockies, we knew that this was an outstanding place to visit, but when we saw it, what a magic place it was! The lake is deep turquoise in

colour, with a high snow topped mountain at one end and on either side, mountains covered in pine trees. To set it all off at the other end is a fairytale chateau, which is now the major hotel in the area. This was the highpoint of our trip through the Rockies. After this we wondered what could be next?

Icefields and Chinatown

The next day we discovered that the Colombian Icefields are giant glaciers coming down from the mountains. And what a size they are! There are special vehicles used for making trips to the glaciers. Our last day in the Rockies we spent visiting Jasper, which we had taken to be a major town, but what a disappointment it was. It was full of tourist gift shops and not much else; combined with pouring rain we did not think much of it at all! From Jasper, we made our way across to Vancouver, where we arrived on a Saturday afternoon. As it was pouring with rain we decided to find the camp site near the centre of the city and to sort ourselves out. We had an early night so that we could set off early in the morning to see the main city centre and other sights that we had heard about. Fortunately, Sunday was very sunny, so we took a cab to the city centre, again this taxi was a converted car that could take my wheelchair in the back. First we visited Chinatown, as this was the only part of the city that was open until ten. Chinatown in Vancouver is supposed to be the second largest in North America. It seemed that this was the day that all the Chinese did their shopping in the supermarkets as all were doing a brisk trade. We then headed for the old town itself where Vancouver actually developed. The main shopping street was full of tourist gift shops, many of them selling Indian handicrafts which included carved wooden animals and birds. We then made our way down to the harbour area where they were building the exhibits for next years Expo 86 Worlds Fair, the theme being "transport for the future". Not much of it was open, in fact, only the main dome itself could be visited, this houses two cinemas and several exhibitions. One cinema is called an Omnimax cinema which shows a film that makes you feel that your are actually there and at times really does turn your stomach.

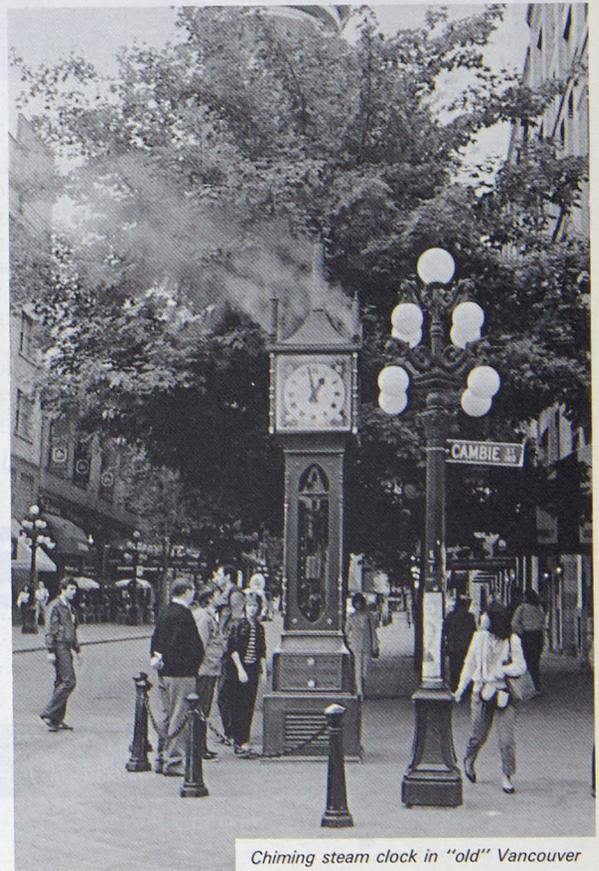


How to travel in the Colombian ice fields

Bedrock City and Journeys End

On Monday we had to start making our way back to Calgary to catch our flight home on the Friday. However we started off in the late morning and had just reached the outskirts of the city when we had problems with the motorhome, as we pulled in to pick up petrol we could not just get it started again, we thought that we should be stuck there! However, there was a mechanic at the garage who was able to fix it for us, enabling us to get started again. We lost several hours because of this delay and only managed to travel a further 100 miles as opposed to the two hundred we had wanted. We stopped at a campsite near Bedrock City the home of the Flintstones. Next day we left early to try and catch up on the previous day which we did, travelling three-hundred miles. Apart from stopping to take some more photographs of the magnificent scenery most of the week was spent driving to Banff so that we could spend more time there as we liked it very much. We managed to spend the whole of Thursday there finally finishing our shopping at nine at night. After this we went for a meal on our last night spent in Canada. It was a sad time for us all as we did not want to leave Canada after having the best holiday any of us had ever had. On Friday morning it was time to start packing everything for the homeward journey. We had to be back at the Motorhome Rental Company offices by three but were half-an-hour late as we had a lot to pack up, however, they did not mind.

Waiting for us was our taxi that would take us back to the airport. Yet again they took us on a guided tour of the city before returning to the airport half-an-hour later. We were surprised to learn that this taxi ride was completely free of charge. The company do this complimentary service for all foreign disabled visitors to the City, what a pity there is no similar service in this country. We were all very sad to finally leave Canada, but hope to return in the future. I would strongly recommend any fellow disabled explorers to visit Canada. This holiday really did me a great deal of good and I felt much healthier and fitter on my return home to Arnold House.



THE MANAGEMENT COMMITTEE

its role in the Cheshire Home

JOHN LAMBERT *Chairman Management Committee* THE GRANGE · POOLE · DORSET

The structure of the Foundation starts with the Board of Trustees who delegate the task of running the Homes to a Management Committee whose rules are laid down for them in the constitution of that Management Committee. The Management Committee is not a governing or ruling body, it is just a management body implementing the constitution with the guidelines laid down by the Trustees. It is essential to have a good caucus of members who can bring in their expertise and free advice in running the Home.

It is the responsibility of the Management Committee to seek out and implement new ideas and to read all information received from Headquarters and other sources. It is responsible for the residents, their wishes and needs and to know whether these are being met or not. Conditions and situations under which people are living should be reviewed and reassessed every two years with the helpful information from the Foundation, which should be regarded as valid. People change, their relationships change, their health changes. It is essential to be in touch with other Homes and to forward helpful points to the Foundation so that this information is available to other Homes. There is no such thing as a good home, no home can be good enough. What a Management Committee must do, primarily is to make sure their Home is a good one to live in also a good Home to work in—the life, the dignity, the alternative choice, the freedom, the involvement in all decisions—all these make up the quality of life, monitored and enhanced by the activities of the Management Committee. Residents should be allowed and encouraged to sit in as observers in Management Committee meetings. The Management Committee are required to visit and talk with residents regularly which is often not the case.

Give Encouragement

It is wrong to assume residents are incapable of making decisions, it is only because they have not

been encouraged to do so for years. When given encouragement and responsibility to run their own lives, the transformation in residents is amazing. People would love to be given the chance to change. Another major role of the Management Committee is negotiating for funding to pay for care staff and to maintain the Home. It is the Treasurer who has intimate responsibility to see that the Home is run on a sound footing. It has been found that some members of Management Committees have no idea about the distinction between the different funding authorities. There is therefore a need to train members about the roles of these various statutory bodies. The Admissions Committee is another sub committee set up by the Management Committee. This should be chaired by a member of the Management Committee and at least one or two residents should be members. Staff training and the recruitment and interviewing of senior staff is also the responsibility of the Management Committee and should involve a resident. The membership of the Management Committee should be reviewed every year. There should be two residents and two staff members voted on by a secret ballot, by the residents committee and the staff committee. Every Management Committee has deadwood on it, people who are kept on only because they have been doing it for years. A third of the members come up for re-selection every year by secret ballot by other members so it is easy enough to unanimously vote somebody off the Committee. There might be ill feeling but vote on new people who can play an active part. They are not there for their benefit.

One thing a Management Committee should not do is interfere with the work of the staff and Head of Care. Hopefully it has been careful in the selection and appointment of the people for these positions and unless something very extraordinary arises, residents should not be discussed at Management Committee meetings.



United Nations Corner UNRWA

The Immensity of the Task

On 30 June 1984 there were 2,034,314 Palestine refugees registered with the UN Relief and Works Agency. They were in the following fields of operation: Jordan 781,564, West Bank 350,779, Gaza Strip 235,019, Lebanon 256,207 and the Syrian Arab Republic 235,019. Some 397,000 of these were no longer eligible for assistance leaving a still staggering total of 1,637,314.

The Nature of the Task

Apart from emergency relief which in recent days has been a constant UNRWA necessity, activities are mainly in the fields of Health, under the technical supervision of the World Health Organization (WHO) and Education.

UNRWA's health services concentrate as much as possible on the critical early stages of life—pregnancy, childbirth and infancy. The Agency operates 96 maternal and child health clinics. Infant mortality has dropped by 50

percent. There has never been a serious epidemic among the refugee population.

In the field of education 43,000 young refugees have graduated from UNRWA's vocation and teacher training centres; 700,000 youngsters have received a general education in UNRWA schools and 2,900 students have received University degrees thanks to UNRWA Scholarships.

The Continuing Task

After the 1967 war, the 1982 invasion of Lebanon and other upheavals in the Middle East, UNRWA quickly restarted its programmes and provided housing and food for tens of thousands of fleeing refugees.

Commenting on UNRWA's 35th Anniversary, a former Commissioner General stated that UNRWA was never given authority to help achieve peace in the Middle East. It had the job of helping Palestine refugees survive, be healthier and become better

educated. Until there is peace in the area, he said, "I do not see how the UNRWA programme could be ended without adding frightfully to the chaos and misery in the area". The United Nations International Force in Lebanon (UNIFIL) continues its dangerous task of seeking to maintain quiet, avoid incidents and provide assistance—UNICEF is also involved.

UNRWA has produced a 16 minute 16 mm colour film "Caring" to mark IYY (International Youth Year). Filmed on location in Jordan, "Caring" explores the life of a 21 year old Palestine refugee who returns as a Counsellor to the Summer Camp where he learned so much as a boy.

The film is available on free loan or purchase at \$170. Commentary is English, French, German or Arabic. For further information, contact UNRWA Public Information Division PO Box 700 A1400 Vienna Austria.

Elizabeth Greenwood

SUBSCRIPTION FORM

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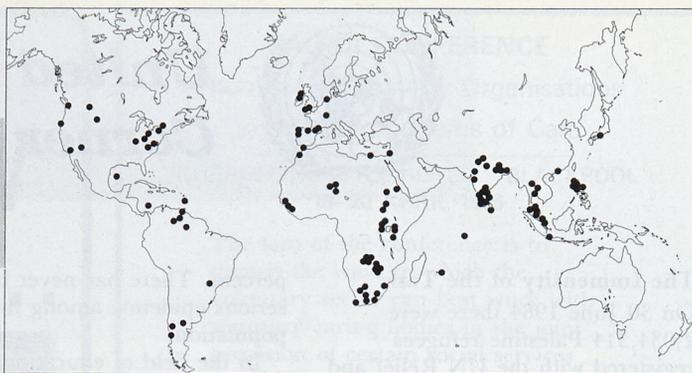
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Cheshire



Miss Tod, Group Captain Leonard Cheshire and Elgar Thomas chatting at the opening of the Orchard

The Orchard Liverpool

New Home

The new purpose built Home in Liverpool, The Orchard, which is to replace Springwood House, was officially opened in October by Group Captain Leonard Cheshire. The one storey building which took four years to plan and one year to build, has specially adapted fittings in its 21 bedrooms as well as an electronic "call" system fitted

throughout thus enabling the 24 residents to be more self reliant. Miss Tod, Chairman of the Management Committee, said that the establishment of the new Home could not have been possible without the help of friends in Liverpool and the generosity of the Leonard Cheshire Foundation who had given an interest free sum repayable over seven years.

Homes Around the World

Thailand

The recent opening of a fourth Cheshire Home in Thailand proved to be a glittering occasion, taking place, as it did in the presence of the beautiful Queen Sirikit who takes a keen interest in the work of the Foundation.

The newly built home accommodates twenty residents and is situated at Ban Cha-Am by the sea to the South of Bangkok. The two storey building faces directly on to the beach and is simple, airy and open in design. There is also a delightful garden. Facilities include large living, working and dining areas and two guest rooms. The plan is to use these to provide holiday accommodation for the residents in other Thailand Homes.

The new building was festooned with flags, bunting and the Queen's insignia for the official opening. After meeting officials and members of the Home's Committee, the Queen was presented with a bouquet by the Home's President, Mrs. Yuvadee Charoenpitaks, and messages of congratulations were read out.

Mayfield

Celebration Cake

Mayfield House, Edinburgh, is Scotland's oldest Cheshire Home and celebrated its 25th birthday in 1985.

The Friends of Mayfield, a group of local people who have supported the home over the past 25 years, arranged a barbecue to which many past supporters of the home were invited as well as the 29 residents, friends, staff and the management committee.

Accompanied by Khunying Alma Link and Herbert Link, who were the prime movers in the creation of the home, she toured the home with committee members and spoke to many residents.

In the men's ward she sat on Charoen Nitnoi's bed while asking him how he enjoyed his new home. Charoen was so touched that he asked her to accept a most treasured possession—the shield he received as 1st Prize in The Cheshire Foundation's International Creative Activity Contest 1984.

After signing her name, which will be engraved into a marble slab to commemorate her visit, the Queen was introduced to a number of the guests present. These included Mr. Mike Springate, of British Airways, who was responsible for establishing the Home at Chiang-Mai, and had flown out with his wife Nina especially to be at the ceremony, M. R. Saisingh Siributr, the daughter of Mom Smoe Svastic who many years ago donated the land on which the new home is built, and Miss Parnlekha Wannuang, Miss Thailand in the Miss World Contest.

Afterwards Herbert and Alma Link gave a thank-you dinner to 30 supporters and well wishers.

Unfortunately, the weather proved true to form for summer 1985, and although the rain let up enough to allow the charcoal to ignite and the food to be barbecued — it was consumed indoors. The residents had baked a 25th birthday cake and it was cut by Bunty, who is one of the "old" hands at Mayfield.

We look forward to the next 25 years and what they may bring along with all our friends past, present and future. Shelia C. Gibb

Barcelona

Friendship Party

The first Friendship Party was held on 10th September 1978. The name was chosen because with it we would like to renew our friendship with all those who have given us theirs.

Once again we celebrated the now traditional Friendship Party with an extensive programme comprising a Mass and a lunch for the Board of Managers, personnel, and all the residents. We also had a special tribute to our beloved Margaret Reinhart for her kind work. In the evening Luciano Manso and Lauren Pregel were nominated King and Queen of the party. As Luciano was absent, Domingo Garcia Blance collected the prize in his place.

Mercedes Escrigas

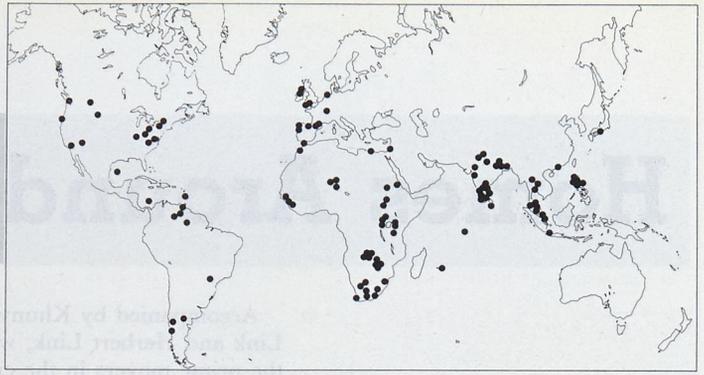
Llanhennock

Successful Support

Once again the residents, care, catering and office staff of Llanhennock together with members of the Management Committee, got together in November and organised a "Papua Coffee Evening" for our twin Home in Papua, New Guinea. Our first effort a few years ago raised about £200 for the Home so you can imagine our delight when we were able to send a cheque to them this year for £985, this being the result of the coffee evening.

Our thanks to all the kind people who supported us and we are sure they will be pleased to read how much we raised. M. Sparks

Cheshire



Selangor



The Selangor Cheshire Home Stand at the National Welfare Week Exhibition in Kuala Lumpur

Puna, the Malaysian Indian resident of the Selangor Cheshire Home, was recently awarded the great honour of being chosen as the "Physically Disabled Lady of the Year" at the National Welfare Week Exhibition in Kuala Lumpur; and was presented with a cheque of \$1,000, a pewter plaque and a framed certificate. She was given this award in recognition of her success and personal achievements during the past few years. She started the home's first small shop and ran it efficiently and profitably until she obtained a job as a photostat operator in the city, which involves a lot of travelling and tiring standing. She is now living a very full and satisfying life.

Yoke Sin, a Malaysian Chinese student, won a \$6,000 per year scholarship to a reputed Computer College, after finishing school this year. Despite travelling difficulties with her wheelchair, she goes into the city each day by public transport, and has saved up to buy herself a motorised tricycle for which she hopes to get her licence.

Abu Talib, received an award for his beautiful handicrafts for which he won 1st prize in the National Abilympics.

Homes Around the World

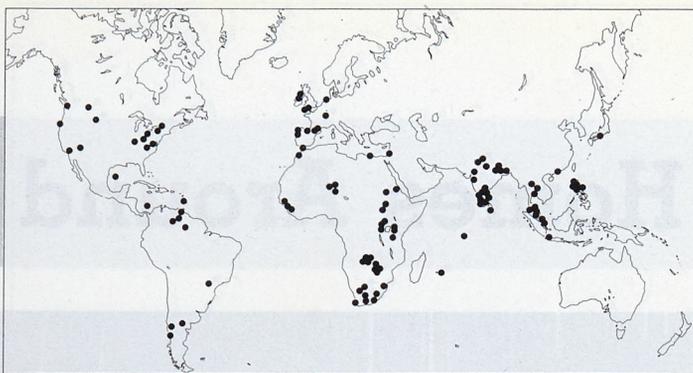


Puna, The Disabled Person of the Year, received her award of \$1,000 from the Minister of Welfare, Malaysia

Abu Talib



Cheshire



Cheshire Homes U.S.A.

Having experienced many smiles from the Cheshire family while visiting UK this past summer, I am especially happy to be writing these few remarks for the official *Cheshire Smile*. I think Hazel and I really saw the personification of the Cheshire philosophy in the faces and in the hospitality of trustees, board members, staff and residents at Honresfeld. The sharing of good wishes was matched by the sharing of ideas, experiences and advice which is what I had looked forward to receiving during my trip to Manchester. I have only been chairman of Cheshire Homes, USA for a few months so this opportunity to see a home and speak to so many delightful and well-informed people was a blessing.

Of course I noted some differences between the United States and the United Kingdom. Joe Garvey and Bill Beswick helped to point out that the levels of national government support to

disabled persons and the impact of national health insurance really create some differences. But the emphasis on meeting local needs, whatever they might be, was loud and clear. It is the same in the United States and will continue to be so as we endeavour to expand the Cheshire Homes concept on our side of the Atlantic.

And that luncheon at the Britannia with Ron Travers! I kept taking notes on the back of envelopes and ran through all I had in order to record the advice that Ron was pouring out. I found that he knew a great deal more about the independent living movement in the United States than I did. Not only did he demonstrate familiarity with the laws and practices in my own country, but he knows the personalities here too. It took several hours back in my office to sift through all the notes taken during that luncheon and put them in some kind of order.

Through the leadership of many dedicated people, there has been a growth in the Cheshire Homes concept in the United States over recent years. The accomplishments, however, are far from the potential. It is our hope to create a revolving fund from which we can make loans to local groups wanting to start a home. Our Board Members are now preparing a set of guidelines for local groups to use as they get started. Soon we expect to have our own modest equivalent of the *Cheshire Smile* to broadcast across this huge nation that the Leonard Cheshire Foundation has begun its next phase in the US. With the kind advice and offers of help which I received from our friend and colleagues in the UK, I know we will move ahead.

**Many thanks for your
inspiration and leadership.
George W. Fellendorf, Chairman
Cheshire Homes, USA**

Homes Around the World

Hovenden

Weddings and Winners

Members of Spalding and District Flower Lovers' Club held a weekend flower festival at the home last autumn in aid of equipment for a rehabilitation unit for the residents. After the event, several of the floral arrangements were left in place for the wedding of residents Terry Dennis and Hazel Nicholls. This was the second marriage to take place at Hovenden during last year. The couple met during a holiday in Scotland in 1979 but their friendship grew when they visited Saskatoon in Canada on an exchange with two residents from

the Cheshire home there. They became engaged the following year but did not fix a wedding date until they felt they knew each other. The home's master bedroom was made available to them and has ample room to house their own cherished possessions including Hazel's tapestries and Terry's collection of vintage jazz records.

In the East Midlands Regional competition, which, for the last ten years has been organised by Mrs. Pearl Davidson and Mrs. Margaret Lauder, Mr. Joe Eyre took the Anderson Cup for photography.



Mr. Terry Dennis and Miss Hazel Nicholls

Photos: SPALDING GUARDIAN



Rear: from left Roy Mitchell, Margaret Lauder and Pearl Davidson; front, Ada Hutchinson, Joe Eyre and Bill Scoot





ST MARY'S MEADOW

The Founder in happy mood cutting a celebratory cake with residents at the opening of St. Mary's Meadow, a small home for mentally handicapped young adults at Hayling Island, Havant, Hants.

At the rear, the Mayor of Havant, Mrs. Tessa Daines, and Deputy Mayor, Councillor Leonard Powell. Far left House Leader, Mrs. Jennie Phillips.

By kind permission of Portsmouth and Sunderland Newspapers.

Cheshire Homes Around the World

MODERN MARVEL

by Diana M. Robbins

As we were returning from a church picnic on Sunday 10th June 1984, a friend mentioned an Exhibition where she had seen people with little or no speech communicating with computers. I was immediately interested and discovered that the Exhibition was in Tonbridge and closed in two hours time. I made it with 30 minutes to spare and soon found myself being introduced to a new world by Mary Bradley. I asked if she could help a Greek friend of mine, Maria, aged 24, a severe athetoid spastic with no speech but terrific determination. Mary said "Bring her along to Seven Springs".

On July 8th Maria arrived at Heathrow for a two month holiday in this country. On her third day we took her along to Seven Springs and spent the afternoon in the Computer Room attached to the Day Centre. Mary and Judi took Maria under their wing, plugged in her joystick and soon Maria was playing SQWERE and FROGS. She was thrilled. She had never played anything before—only watched other people.

To my delight, Maria was welcome at the Day Centre any time we could get her there. She made many friends and her computer skills improved daily. As she started to do simple pictures on the RAINBOW program we discovered that diagonal lines did not appear to exist in Maria's world. But within a few days she began to master them and proudly showed us the difference between the slope of a roof and the hull of a ship. She was obviously beginning to see things in new ways and I felt that we had stumbled upon one of

the keys which might unlock some of her problems with learning to read, either in Greek or English.

It was by now apparent to my husband and myself that this equipment would transform Maria's desperately limited and unfulfilled life in Greece. But the problems seemed insurmountable. Then we discovered that Bliss Symbolics, the only communication system that Maria could use was to become available on floppy disc the very next week. I telephoned and was able to get one of the very first copies, pre-release and full of bugs which Robin and the team painstakingly sorted out. Now it was even more important that Maria should be able to have the benefit of this after her holiday in England was over. We had exactly five weeks.

Through a series of quite miraculous happenings we were able to purchase a BBC Model B computer, disc drive, colour monitor and colour printer. But this was only the beginning. Maria worked for hours each day mastering different programs, often with Mary's help. Robin worked late into the night re-writing part of Bliss so that it would print on the printer. Judie tidied up all the ends that none of us had thought about and helped me to write out endless instructions on how to set up and use the equipment. This all needed to be translated into Greek as Maria's parents speak no English.

Maria sadly said goodbye to all her new friends as they went up to Edinburgh for a Computer Exhibition, and prepared for her return home a few days later.

Incredibly, after a day spent in getting signatures from hospital consultants, embassy officials and airline staff, Maria flew with a mountain of luggage at no extra cost and with no customs duty to pay. Nothing was damaged; within 24 hours all was unpacked and operational in their little flat in an industrial outskirts of Athens.

Her life has been revolutionised. Instead of long hours sitting in her wheelchair alone in the flat with no prospect of anything else, except for some mornings spent at the Spastics Society school in Athens, she is now always busy. She writes long letters to her friends in England, she draws pictures and plays games. Instead of always being the spectator, people watch in amazement as she manipulates her joystick, totally absorbed in what she is doing. Now, instead of dragging endlessly the days are barely long enough to fit in all that she wants to do.

In March Robin spent a weekend writing a Greek program for her. She now has the possibility of selecting Greek characters on the screen and of printing them, so that we are very hopeful that at long last she will learn to read. Without her being able to write it has been impossible to pinpoint exactly what her learning problems are. Quite by chance I found a grave mistake with her numbers. I asked her how old she was. On the Bliss Program she told me that she was 204! To her that said 20 (twenty) and 4 (four). No wonder she had always had trouble with sums in school. Such a fundamental mistake could remain undetected because she had not had sufficient means of expression to reveal it. Now she had.

FOR MARIA

In July 1985 I had a letter in English from a new teacher at the Athens Spastics Society. She had been to Maria's home and seen her equipment. Although knowing nothing about computers herself she quickly realised the potential for both education and improving the quality of life, not just for Maria but for many like her in Athens. I am hopeful that because of all the love and care and expert help that Maria received in Seven Springs Cheshire Home the lives of many more severely disabled young adults in Greece will be transformed even as Maria's has been.

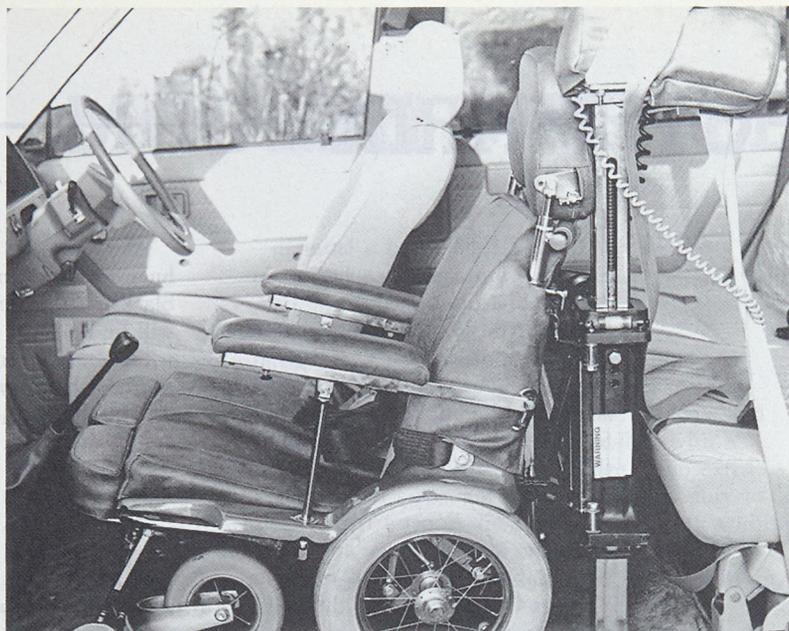
As I write (in August 1985) I have received an S.O.S. for more black ink for her printer. So there will be no more letters for a little while, but it underlines how much she uses her equipment and how reliant she is on it for communication.

For Maria and myself, thank you Day Centre and Computer Staff at Seven Springs for doing the impossible in those two short months in summer 1984.

A typical letter using BLISS SYMBOLICS

dear friend doctor	again he future (to)go
♥> ♥+ 1 1/2	... 1 3 (→
how a (to)be you ?	in England in winter .
? A \ Φ 1 2 ?	□ 1 E □ O 4 ↓
thank you for your letter .	because I/me not (to)be able
♥ ↓ » 1 2 + □	▷ ? 1 1 - ! ∇
I/me future (to)go in school	(to)write with my computer
1 1 (→ □ △ 1 1	∧ + ... 1 1 + @
this week after school	name similar sound medicine
/ 7 Ω △ 1 1	∇ 11=2 ∇ 1 1
opposite meaning (to)open for	(to)make I/me (to)go toilet
1 1 1 1 »	△ 1 1 → 1 1
summer holiday .	future (to)write my brother Adonis
O 2 > Ω ♥ ↑	(∇ 1 1 + ^ 2 ^ 2 A
present in Greece	name similar sound medicine
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in Greece for his holiday	(to)love from Maria .
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CAR COMFORTS



Carchair positioned in Prairie

Homes considering purchasing a new vehicle, may be interested in the experience of the Hertfordshire Home when we decided to replace the Home's small vehicle, a Chevette.

On deciding on its replacement it was felt we needed a vehicle that would accommodate a wheelchair passenger, plus at least two more passengers. We did not envisage any difficulty in obtaining such a vehicle as there are many types available. We were certainly in for a surprise!

We arranged demonstrations of several vehicles, all were conversions—either the roof had been elevated or the rear seat removed, in some cases the vehicle was a van with windows fitted and access made for a wheelchair via the rear doors.

The main problems encountered were a) the lack of passenger seats after conversion, b) the vehicles looked converted and therefore drew attention—this was something the residents wished to avoid. We began to realise we had a problem but even so were not prepared to compromise. The vehicles had to suit the needs of the residents and not vice versa.

Our search for the ideal vehicle lead us to a company called Carchair Limited of Hailsham who arranged to visit the home and demonstrate their product.

The Carchair is simply a wheelchair that replaces the driver's seat or in our case the front passenger seat. The Carchair has a moulded seat with lumbar support to improve posture and saves fatigue; the chair is luxuriously upholstered.

We found the seat to be satisfactory for the majority of residents. Once in the chair, the resident is pushed to the vehicle. The chair is then placed onto a unique lifting system which by simple controls, lifts the chair into the car and then, once fixed, becomes the passenger seat. The car seat belt is used to secure the resident but the Carchair also has its own safety belt. There are optional fittings for the chair which makes it more versatile and therefore appropriate for many users. When not in the car the chair is used as a normal wheelchair.

The initial demonstration was given in a Ford Escort Mk III. This would be suitable in some cases but we felt there was insufficient leg room.

A second demonstration was arranged—this time using the Nissan Prairie. This was a great improvement as there was adequate head and leg room plus the sliding door allowed greater access.

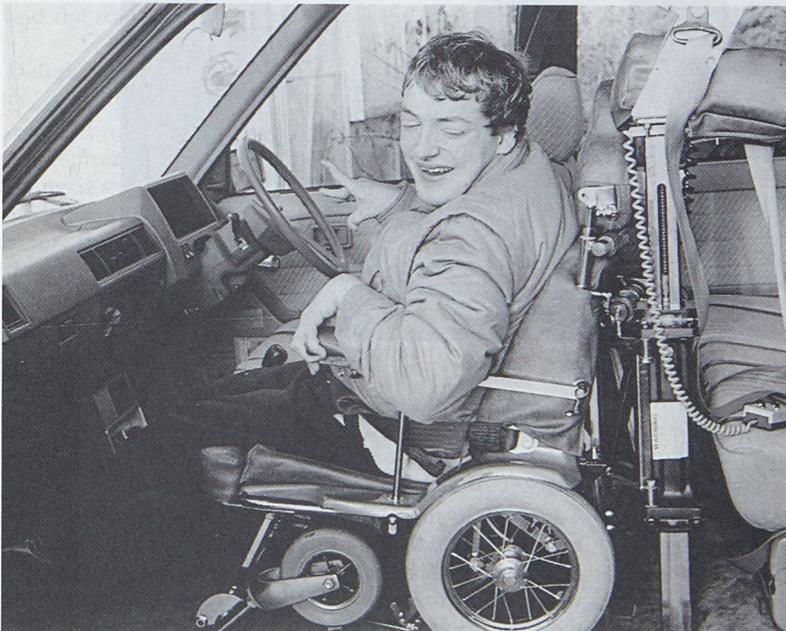
Following the second demonstration we all agreed that this was the end of our search—here was a vehicle that looked good, the chair was comfortable, access was good, there was room for 2 passengers in the rear seat and plenty of room in the boot—most of all in the words of one resident "once in the car to anyone looking from outside I look just like a normal passenger".

The Prairie and Carchair have now been in use since April 1985 and we would recommend that anyone looking for a suitable vehicle would save a lot of time and effort by arranging an early demonstration.

Mr. A. Dickinson,
The Hertfordshire Cheshire Home,
St. John's Road, Hitchin,
Hertfordshire.



Stuart Marshall seated in Carchair



Carchair secured

British TELECOM

New Catalogue for Disabled Customers

The extensive range of British Telecom's products and services of special interest to disabled customers has been brought together in one comprehensive catalogue for the first time.

The 36-page book has been compiled by British Telecom's Action for Disabled Customers (BTADC), set up to create a central point where all the many British Telecom projects and activities across the country can be co-ordinated to ensure that the telecommunications needs of disabled people are properly considered and never overlooked.

In the guide, services are listed under four main sections:

- for people with impaired hearing,
- who are blind or visually handicapped, or
- with impaired mobility or dexterity.

Details of how to link the telephone to viewdata and electronic mail systems are also included. These not only provide access to information databases, but can also be used by severely deaf or speech impaired people for sending messages.

Homebanking and shopping facilities are also available.

There is information on payphones, and also a section on alarm systems designed to restore confidence to elderly or disabled people who may be at risk in their own homes.

The guide is being widely distributed to organisations who work with handicapped people, including hospitals, advice bureaux and social services departments.

In addition, local British Telecom sales offices can supply copies and further information, and may be able in some cases to arrange home visits for people who are housebound. Sales offices can be contacted by asking the Operator (dial 100) for Freefone Telecom Sales.

Around Britain

TAVISTOCK

A Centre
for Tourism

with TOM GARDNER



Main Street and church, Tavistock

There is a rather unkind quotation, attributed to Charles I, which states, "If you can be sure of one thing in the whole world, it will be raining in Tavistock." It is true that the town is affected by the Dartmoor climate, but it is also true that Tavistock is probably the prettiest and most interesting of Devons' inland towns. The visitor on entering the town will be greeted by the sign, "Tavistock—Ancient Stannary Town." This relates to the fact that Tavistock was a most important tin mining area. Tavistock is now a market town situated on the River Tavy. The name itself means a dairy farm on the River Tavy, which in turn means the "dark river".

Market Attraction

Tavistock is an ideal centre for the tourist. It is a most pleasant place to stay, situated on the edge of Dartmoor. The centre of the town is Bedford Square, which is enclosed by the Church, The Town Hall and the Bedford Hotel. The market on Fridays is an attraction to tourist and locals alike, but the days in the year when Tavistock is packed to capacity, is "Goosey Fair". The shops are good, most of them with good access. Do not fail to buy some bread from "Jack Horner's" bakery—forget your diet and try their doughnuts!



Buckfast Abbey

Obviously Dartmoor National Park is the place to visit, but from Tavistock there is so much to see either in full or half day visits. The South Devon coast, Looe, Polperro and Fowey on the South Cornish Coast, and Bude, Tintagel and Polzeath in the North. It is a good idea to be flexible and delay your decision where to visit until the day itself. Phone the local weather station and get a forecast for the North and the South Coast. It is not uncommon for the North Coast to be shrouded in mist and drizzle, and the south coast enjoying cloudless blue skies.

Delights of Dartmoor

Dartmoor is a splendid rugged area made of granite tors and moorland composed of heather and bogland. Apart from modern settlements, the area has not changed since prehistoric times. There is much evidence of ancient life with stone circles all over the moor, the most famous being Grimspound. A good day trip is to leave Tavistock on the Princetown road. The road climbs up onto the moor. Stop for a few minutes just before Princetown and admire the view. There is a special viewing spot opened by Prince Charles with views towards Plymouth Sound and to the Cornish Moors. Be careful to go into Princetown and not by-pass it. Princetown itself is a bleak place with views of Dartmoor Prison being the main attraction. The town itself is built mainly of granite and is grey and uninviting. Continue on to Two Bridges where the road divides and take the B3357 to Dartmeet. This is where the West and East Dart Rivers meet to form the River Dart which is one of Britain's most beautiful rivers. An ordnance survey map is most helpful from now on, as the roads narrow, but the signposting is good. From Dartmeet come through Hexworthy and Holme, to Buckfast Abbey which is on the south-eastern edge of the moor. There are plenty of parking places but the disabled can park right by the Abbey. It is a modern

building completed in 1938, on the site of the original 10th Century Abbey. There are ramps into the Abbey. It depends on personal taste, whether or not you appreciate the modernness of the building and also the new stained glass window. There are numerous gift shops selling local goods and also those made by the monks. Retrace your steps back onto the moor following the signs Buckland in the Moor and Widecombe in the Moor. Widecombe is very much geared to the tourist. Parking is reasonable and the centre of Widecombe is a meeting place for ponies. There are many gift shops to visit. They are all very similar, but you must visit two of them. The first by the Church, opposite the Tourist Information Centre, is entered through a courtyard full of gnomes. In this shop is Tom Cobley's chair, made famous by the song "Uncle Tom Cobley and all"—Widecombe Fair. Hanging from this chair is a collection box belonging to Douglas House, Brixham. Judging by the receipts on the wall an excellent place for a box. The other shop is the Post Office that sells superb pasties or icecreams covered in clotted cream! Follow the signpost to Postbridge on the "main" Moretonhampstead—Princetown road. At Postbridge there is a good example of an old "clapper bridge", plus a good information centre and loo facilities. Return to Tavistock. If you just want to go onto the moor for half an hour in the evening, just cross the river in the direction of Whitchurch, and up Downs Roads to Tavistock Golf Club. There are many places just to stop and admire the scenery.

Tea for tenpence

Plymouth is just fourteen miles away from Tavistock. A good road takes you across the moors to Yelverton. It is well worthwhile at Yelverton to come off the Plymouth road at the roundabout and take the Princetown road for a few miles and then follow the sign to Burrator. This is a reservoir for Plymouth. It

is a flooded valley. Cross the bridge and just follow the road which will then bring you back onto the Plymouth road. A very pretty route with excellent views. Plymouth was badly damaged in the war and has been rebuilt as a modern city. If shops do not interest you follow the signs to the Hoe and the Barbican. This is the old part of Plymouth where in 1620 the Pilgrim Fathers sailed in the Mayflower to America. Of course it was from the Hoe that Sir Francis Drake spotted the Spaniards when he was playing bowls. This is a good link with Tavistock as he was born there. On the Barbican by the Fish Market is Captain Jaspers where you can purchase the cheapest cup of tea in Plymouth for just tenpence.

Crab Catch

It is easy to leave Plymouth for Cornwall across the Tamar Bridge. Looe and Polperro are very close. With both of these fishing ports you have to park on the edge of the village and then walk. In both cases it is flat and quite easy for wheelchairs. Looe is a commercial fishing port mainly for shell fish. It is interesting watching the "Crabbers" unloading and it is also possible to go for a days shark fishing. Polperro is a quaint little port well worth a visit. The harbour wall is a good place to eat your pasty and watch the small boats. The Tamar River is full of interest with the Dockyard at Devonport, and the villages of Calstock and Morwellhan. Morwellhan a port was the focus of the huge copper mining industry. With the decline of the industry the port died. In July 1970 the Morwellhan Open Air museum was opened so that visitors could enjoy and understand the area.

Fisherman's Haven

The North Cornish Coast is rugged compared with the softness of South Devon and Cornwall. Polzeath has easy access for the disabled. It is easy to get a wheelchair onto the sands. The climate is far more bracing than the south and the scenery more spectacular. Bude is interesting, but many of the smaller places have difficult access and are crowded at the height of the summer, North Cornwall requires a whole day visit. If you choose Bude return on the Holsworth road to Okehampton, but take a detour to Sheepwash. Here there is a delightful Inn, "The Half Moon" which is a haven for fishermen. Excellent food and liquid refreshment served by Charles Imm's. The route from Okehampton to Tavistock across the moor again is a delightful experience. Be careful of sheep and ponies on the road.

I have only mentioned a few ideas for visits. There is so much to see and such a variety. However make a point of spending some time in Tavistock itself. Just sit by the river, hopefully a salmon may be seen and hopefully in spite of the remarks by Charles I, the sun will shine.



Polperro Harbour



Looe Harbour



Two Bridges



Stephen Bradshaw and Swean Garner-Jones, one of the student award winners, talking with Lord Snowdon. Photograph by courtesy of the National Westminster Bank

Lord Snowdon presents Awards

On Thursday 9th January Lord Snowdon presented awards ranging from £2,000 to £100 to a number of severely disabled young people for further education or training. The money comes from the Snowdon Award Scheme for physically handicapped young people, now in its fifth year. This year the Scheme has been able to help twenty-one disabled people.

A striking feature is the way in which these young people are overcoming their physical disabilities and achieving results which able-bodied people might envy. One example which illustrated the achievements made is Denise Macdonald, eighteen; she has passed three 'A' levels and is now studying for a degree in Data Processing at Leeds University. She is described by those who know her as "blessed with a very happy disposition", "a most delightful companion and friend."

But Denise is blind and wheelchair bound—unable to hold up her head and requiring 24-hour assistance as a consequence of juvenile rheumatoid arthritis which first afflicted her when she was two years old. The Snowdon Award Scheme regards itself as privileged in being able to give some small help to people like Denise.

Each year an award of no monetary value is made to a person who has done outstanding voluntary work for the benefit of disabled people. Previous awardees have been Jimmy Saville, Quentin Crewe, Rosalie Wilkins and Colin Low. This year the award goes to Stephen Bradshaw "A man who", Lord Snowdon says, "sets an example to all of us of what can be achieved in the face of almost overwhelming misfortune." At the age of 25 Stephen was running a successful business in the high-tech world of printed circuits for cosmic

ray chambers. He was a keen sportsman living a busy outgoing life. Then he broke his neck in a diving accident whilst on holiday in Malta.

Stephen has not allowed being wheelchair bound with limited use of his hands to prevent him leading an independent life. He lives in his own flat and drives himself up and down the country by car. As he says, "I always manage for myself, I never take no for an answer." He is Director of the Spinal Injuries Association which gives enormous help and support in this country and abroad; a member of the Prince of Wales Advisory Committee on Disability and a successful campaigner for the rights and needs of all disabled people. Stephen Bradshaw has won two Olympic Gold Medals for table tennis in the Paraplegic Games at Toronto in 1976 and Arnhem in 1980.

LETTERS

This letter is in reply to a talk given by Mr. John Lambert, Chairman, Management Committee, The Grange, Poole, Dorset who addressed the Southern Region Conference delegates on the role of the Management Committee in a Cheshire Home. A report of this is published on page 14.

Unknown Motives!

Dear Editors

I fear that Thursday 17 October will become a landmark in my life, being the day when John Lambert put the frighteners on me.

Here was I, innocently embarking on a new career as newly appointed member of a Management Committee, when wham! Mr Lambert sails in and scares the pants off me. Had he known of my extremely nervous disposition, I feel sure he would have held his fire somewhat, but how was he to know, that with a few short sharp sentences he was setting me back half a century.

Can I ever believe again that Maggie Van Koetsveld and Gordon Mitchel are the friendly well meaning people who talked me on the Management Committee, when after John Lambert's speech my whole instinct is to feel that the pair of them maliciously threw me into a veritable thieves kitchen.

I well remember my first meeting, just a few evenings ago, when looking round the table I was so impressed with their kindly mean and friendly smiles—how misled I was.

However I assure Mr Lambert I shall not be fooled in future. Every time I glance furtively round the table, I shall see Lady Macbeth despite the disguise, Fagin might as well own up, Jekell and Hyde will be unmasked, Burke and Hare's cover will be blown, and Dr Crippin once more handed over to Scotland Yard.

Needless to say I shall leave the Rolls at home, and in future drive to meetings in the wife's battered old Ford, but the hardest blow will be eating all those cream cakes—I'm on a diet.

Life around Hydon Hill can never be the same again for me. Dare I any longer saunter down the corridor, without a dread of flying knives and whining bullets,

and the thought of being flattened by the wheelchair of George Goodrick-Meech will haunt me every day.

What sort of potent poison is Len Gibson planting in my Mars bar, just how do they intend to lace up my coffee in the OT Workshop, will I end up on the rack in the Physio Department?

Mr. Lambert—I led a sheltered life in the RAF in the last war, I have spent over thirty years in the quiet jungle of commerce, literally from Office Boy to Managing Director, and now you spring this on me—I'm just not up to it.

Do you suppose I could quietly transfer to Meals on Wheels, Oxfam or Help the Aged, anything would be better than the Hell I have let myself in for.

Please Mr. Lambert—tell me you were just having me on.

[Redacted]

Dear Editors

We are a group of people who live in the "Fundacion Hogares Cheshire de Espana" in Barcelona and we would like to be put in touch with other people all over the world. We would be interested in exchanging ideas on all subjects and we are most interested in hearing about how others live and the problems they encounter.

We think that regular correspondence would be both interesting and beneficial for everybody because we are unaware of the difference in living conditions that exist between our country and homes in other countries. Of course the greatest advantage for us would be that we would be able to begin new friendships with people everywhere. We look forward to hearing from you,

Enric Jover, from group
E.C.O.A.R. de H.A.
Asociacion Hogares de la Amistad
c/ Benedetti, 60
08017 Barcelona, Espana

Dear Editors

During my visits to Cheshire Homes in the northern half of the country I am increasingly meeting residents who are thinking about whether they would possibly be able to cope in a home of their own within their community.

Some of the questions I am asked are:—

"How do I find a flat, house or bungalow?"

"How do I find someone to care for my personal needs?"

"Could I cope with loneliness?"

"Where can I learn to practice using a hoist on my own?"

As a result of discussions with people in residential care and some who have moved out over recent months I have put together some information which may answer a few of these points.

It is obtainable through the Foundation's Rehabilitation and Equipment Advisers and Care Advisers, all of whom will be happy to talk to you further on these lines.

Lesley King

Rehabilitation and Equipment Adviser (North)

Dear Editors

May I thank you for including in the December issue of the Cheshire Smile, one of my favourite verses, the Desiderata.

I was surprised to see that you gave credit for this work to being found in old Saint Paul's Church, Baltimore, dated 1692. This verse is mainly attributed to Holy people from various parts of the world with dates ranging from 1435 to 1740.

The Desiderata was written in 1927 (twenty seven) by an American scholar and poet, Max Ehrmann who died on September 9th 1945.

His collection of philosophical poems "The Desiderata of Happiness" is well worth reading.

Yours sincerely

Martin Ward, Le Court

Question of Empathy

Dear Editors

I was interested in the article on Training written by one of the Foundation's Heads of Care for the September number. During the past ten years as a resident I too have felt the gap in training which she indicates. She is so right in saying that "a nursing qualification does not fully equip one to run a residential unit".

I read the article through three times hoping to come across the little word "empathy" the possession of which skill is essential in her task. I am well aware that books of social work jargon do not necessarily end in the acquirement of this essential and costly ability: "the power of projecting one's personality into (and so fully comprehending the object of contemplation" (Oxford Concise). Training is essential.

I think that many homes may be rather like a neopolitan cake with several layers—office staff, management, care staff, kitchen and domestic staff, and residents (at the bottom?). I am not "grousing" for I am grateful for the existence of the Cheshire Homes—just trying to be realistically analytical!

How wonderful it would be if empathy were truly to be developed in the care staff. It would then influence the attitude of all connected with the home, and in time make us one.

Elizabeth Greenwood,

Good Guess

Dear Editors

Four young children with their Headmaster visited Holme Lodge. The children were aged between 9 and 11, and apparently they had been studying the Group Captain and the work of the Leonard Cheshire Foundation in assembly. The four children who visited our home came top of the tests they had to do, but I was very amused that apparently one of the questions that was asked by the Headmaster was "What does DSO stand for?", and one of the young men said "Done Something 'Onourable'". A very good guess, I thought.

Mrs M Browne, Head of Home, Holme Lodge, Nottingham



ACCESS
TO
THE
WORLD

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In addition to a remarkable range of holidays and destinations; we would specially draw your attention to some unusual adventure holidays such as scuba diving or deep sea fishing in the Red Sea, as well as The Kielder Centre nearer home in Northumberland.

For further information contact:— Threshold Travel Limited, Wrendal House, 2 Whitworth Street West, Manchester M1 5WX, Telephone 061 236 9763

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For further information, contact: Head of Home, Douglas House, Douglas Avenue, Brixham, Devon TQ5 9EL

Accommodation near Gatwick

Heatherley Cheshire Home have recently refurbished part of their upstairs accommodation into a nice comfortable flat, consisting of a double-bedded room with private bathroom and a sitting room.

The object of this exercise is to offer residents' relatives suitable accommodation should they need to stay.

It is also hoped that people from the Foundation and from any other Cheshire Home, who in the course of their journey may have to pass through Gatwick, may like to use it for a small donation, and stay here rather than in expensive hotels.

MARKET PLACE

For Sale

Wolseley 2200 cc 1975. Converted for wheelchair passenger, driver and three other passengers. Very good condition, 12 months MOT, 58,000 miles, £1,700 ono. Telephone 021 308 2225

For Sale

Yellow Avon Batricar
Very good condition with LH armrest, full weatherproof hood, extra battery giving 34 mile range, spare wheel and shopping bag bracket. Four miles per hour, no tax, test or insurance needed. Cost £1,600 in January 1984—offers around £1,000. J. Treadwell. Telephone Horndean 591423

For Sale

Outdoor Powered Wheelchair, Everest and Jennings Model number 2 UVE 904VS, Year 1984. In very good condition, only been used twice. Original price £1,800, selling price £950. Telephone 01 732 2565

For Sale

Meyra Power Chair Model 3-422. This chair is in showroom condition, and has not done more than 150 miles in the 3 years since purchase. During ownership the batteries, which are in first class condition, have been kept fully charged.

The power chair has a range of 31 miles, climbs 5" kerbs, and 1-4 slopes. It has Servomat Steering, and 6 speed selection, plus suspension dampers on steering wheels with Quadruple Braking system. Also included are full lighting system, horn and hazard warning lights, and indicators, batteries and a new battery charger.

£2,400 when new. price £1,000

Inquiries to:

Heatherley Cheshire Home, Effingham Lane, Copthorne, Crawley, West Sussex, RH10 3HS

COVER STORY



H.R.H. Queen Elizabeth the Queen Mother discussing the Park House, Sandringham, project with Scilla Landale, Secretary of the Steering Committee

H.R.H. The Prince of Wales meeting Chris Gurney, a member of the Park House Sandringham Steering Committee



FUND RAISING at PARK HOUSE

"It's the wrong colour!"

This ultimatum was pronounced 24 hours before the Sandringham Flower Show—when the marquee was half erected! "It must be white"—ah well, once again the local Committee was trying to economise!

But all was not lost, despite the lack of time a pristine white marquee was hired and erected on a prime site at the Show to display information on The Leonard Cheshire Foundation and Park House Sandringham in particular. Why the colour ultimatum? We were on Her Majesty Queen Elizabeth the Queen Mother's walkabout route and due a visit.

The last Wednesday in July dawned with—surprise—the sun—the herald of a wonderful day to come. The Flower Show was humming with people from all over England who had made the journey to Norfolk to see The Queen Mother at "her flower Show" just days before her 85th birthday. Her route was well roped off and it was slightly unnerving to find our stand the "right" side of the rope. As the minutes ticked by more and more people gathered along the route and crowded around the stand. A captive market for my magnificent team of helpers who, not to miss an opportunity, were hard at work selling raffle tickets for either a Peugeot car or a trip to Hong Kong, both in aid of the Park House Appeal. This too gave a good opportunity for spreading the word of the Foundation.

Just before the Queen Mother arrived, we heard that this year she was being accompanied by HRH Prince Charles—the first time he had visited the Flower Show since he was a child.

The Queen Mother arrived first, and spent about 10 minutes looking at the stand and the display material on Park House, beautifully produced by our architect Wycliffe Noble. She showed great interest in the project and with the work of the Foundation in general.

Prince Charles arrived to yet more cheers and clapping from the crowd. He too showed great interest and knowledge about what we were doing to The Princess of Wales' former home. He had a great discussion with Chris Gurney, a member of the Steering Committee who had a bad flying accident a few years ago which has left him wheelchair bound.

Royal visits all too quickly over, we settled down to the business of promoting Park House and The Foundation by luring people to the stand and selling them raffle tickets, t-shirts, tea-towels, books, etc. There was certainly a great deal of interest in all that we were doing.

The Sandringham Flower Show was not the only Park House/Cheshire Foundation promotion arranged by the Committee last summer. At the beginning of July we had a similar stand—in a white marquee!—at a 2-day Country Fair held on the Duke of Wellington's estate at Stratfield Saye, near Reading. We were delighted by the help and support received from the residents of Le Court, including the Editors of the "Cheshire Smile" Frances Hopwood and Dennis Jarrett. I would like to think they enjoyed themselves seeing the attractions in the Grand Ring which included such diverse displays as Falconry Flying, Vintage Cars and the Household Cavalry Musical Ride. Great help was also given by some of the Foundation staff and Trustees, without whose support it would have been very difficult to man the stand being so far away from Norfolk and the local Committee.

At the end of August we had another stand at the 4-day Sandringham Horse Driving Trials which was sponsored by the Norwich Union. This time we only had to sell the Hong Kong Raffle tickets as the car raffle had been drawn on the August Bank Holiday and won by a car dealer! The Driving Trials were most exciting, particularly because they included the World Pair Driving Championships, so the place was full of overseas visitors. We were greatly helped here by the residents of Hovenden House Cheshire Home, who came for 2 days despite the fact that they had their own Flower Festival that weekend. Peter and Dorothy Allott came all the way from Yorkshire to lend a hand, as well as the local Committee and Companions of Park House.



H.R.H. The Prince of Wales with Scilla Landale, Secretary of the Park House, Sandringham, Steering Committee

All three events were a tremendous success and, I hope, greatly enjoyed by all who came and lent a much appreciated hand, and helped to boost the sales of the 2 raffles quite considerably. The work of The Foundation was well promoted and well received. I must admit I was glad when September came round and I could put away my "travelling show". Will we do it again next year? Well, that depends . . . But for those of you

with local events such as a country fair, town open day or flower show, it might well be worth considering taking a stand to promote your Cheshire Home and the Foundation (the excellent displays boards are available from Headquarters). The organisation is

hard work, but worth it when you sit back at the end of the day with a stiff drink—but please take my advice, you can't go far wrong if your tent or marquee is white!

Scilla Landale, Secretary,
Park House Steering Committee

★ The Editors suggest that if you would like to make a contribution to the PARK HOUSE APPEAL—please use the form below.

PARK HOUSE — PARK HOUSE

PARK HOUSE — £1,000,000 APPEAL

COUNTRY HOTEL FOR DISABLED PEOPLE

PLEASE ACCEPT ENCLOSED DONATION FOR £.

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PARK HOUSE — PARK HOUSE

FOCUS

on FRESHFIELDS

by Arthur Hunter

The People

Freshfields is probably the largest building of all the Cheshire Homes. Near to Freshfield Station on the line between Liverpool and Southport in the North West it has a quiet country atmosphere and sometimes the sea might be heard beating on the lonely beaches of Formby, a mile away.

The great building was erected in the 1870's (although a part was a school before that). It was run as an Apostolic school for boys entering the Christian Missionary Service. It comprises a four storey front block connected by similar height wings to an older two storey block behind. The complex surrounds an airy quadrangle within which is a well maintained garden, created in memory of two former voluntary workers.

We have about thirty residents and at any one time up to four or five resident student-helpers who come to us for experience from parts of Europe and Scandinavia. Oh! and a parrot named Fred. People are happy here, except Fred, who is fairly morose, only occasionally breaking into lively speech.

About fifty staff and other voluntary workers look after Freshfields. We have a permanent decorator—like the Forth Bridge, when it is finished it is time to start again!

A caretaker looks after minor repairs and our all important nursing staff have a twenty four hour rota of duty. A part-time gardener keeps the large grounds tidy, three laundresses run the laundry, we have a full-time secretary, a part-time wages clerk and a salaried Head of Home responsible to Management for the general order in Freshfields.

Helpers in the Therapy Room and kitchen are not paid. The kitchens are large and well equipped and a spacious dining room provides daily meal requirements and opens into the new annexe with its fountains and boxed gardens. The culinary staff provide attractive buffets to service parties and evening entertainments. All are agreed that they contribute in a big way to the success of these essential social occasions.

There are four television lounges, a tea room and a hairdressing room; the tea room is a popular meeting place for conversation and afternoon tea. Any Citizens Band enthusiasts may use the apparatus in a special radio transmitter room.

Help to Outsiders

We not only provide residential care, a number of handicapped under the auspices of Social Services come into Freshfields each day from outside. These are people whose relatives have to go out to work and, rather than risk being left alone, they spend the day with us. They, together with residents, engage in therapeutic occupations such as weaving, pottery, painting and other crafts, assisted by instructors. This place is referred to as the Day Centre and provides care for people in need of social and occupational therapy.

Staunch Supporters

We could not continue without the efforts of our own Support Groups who work voluntarily to provide finance and contribute to the smooth running of Freshfields.

The surrounding towns of Maghull, Ormskirk and Southport, together with the local Formby

Support Group, regularly arrange fund raising events such as coffee mornings, jumble sales, flag days, garden parties and our biggest function—The Desert Trek. Rotary, Lions, Round Table all provide another essential element by their physical presence—a warm, caring, human environment. React also helps by providing radio links to monitor the Desert Trek entrants along the wide beaches of Formby and Southport.

Resident Participation

What are they like our residents? Like you. Like me. Except for a lack of mobility. Kathy Raisbeck is the Chairman of the Residents' Committee and before going into residential care, she was a childrens' nurse. She enjoys cooking, helping in the residents' shop, houseplants, letter writing and looking after Eric her husband. They both occupy a flat which is one of the showpieces of Freshfields. Eric has a workshop for his woodwork and is especially noted for his picture framing but probably more famous for his collection of 20 mouthorgans on which he entertains audiences at concerts. A member of the local Organ Society and our official "budgie looker after" (together with others), Eric is often seen in the village on his tricycle shopping for residents. John Woodcock operates our Citizens Band Radio. He won a prize at Woodvale show for a pottery coffee set and took the prize again the next year for a pottery flower arrangement bowl in the shape of a tortoise. Ron Fazackerly is one of the four "Rons" in the home. Although severely disabled, he goes shopping in the village for staff and residents and helps in the shop as does Jim Anderson.

The staff are friendly and at almost any time Support Group visitors and friends may be found chatting over morning or afternoon refreshments. Some residents are ex-servicemen and enjoy the support and interest of their particular Forces organisations.

The Management Committee includes a representative from each Support Group, a representative from residents, the Chairman of Appeals, the Head of Home, the Secretary and a Head of Care.

Meetings are held each month but residents have access to Management at any time; they also have help and advice from Leonard Cheshire Foundation Counsellors. Their own social worker also looks after their interests.

Sub-committees are appointed to control House, Finance, Building and Admissions.

Constant Development

The Home was opened in the early 1970's and by the time it opened to receive the first residents in 1975 we had spent over £80,000. One big advantage of the building was that the ground floor was all on one level and stood ready equipped with dining hall, kitchens, laundry, a large Chapel and other spacious rooms.

There has been constant development since. Special toilets and bathrooms with hoists have been installed. Rooms have been altered to provide flats for married couples and there are two bungalows in the grounds suited to the needs of married residents.

The large Chapel with its very high ceiling was split in two by putting in a ceiling half way up which formed a floor for the upper half thus creating a second large room. The lower part now serves as the Therapy Hall and, equipped with a stage, sets and the scene for entertainments and parties for residents and staff.

New Complex

Our biggest project has just been completed. It has been our ambition to give all residents a single room; some years ago we built six single rooms and made gardens in the centre quadrangle but that was not enough. Now, at the rear of the building a new



Group Captain Leonard Cheshire at opening of new extension

complex was opened by Group Captain Leonard Cheshire on the day of our Garden Party on June 16th 1985. This gives every resident who so wishes a single room. It contains a new laundry, sluice room and a central area with fountains and boxed gardens which make a pleasant place for meeting.

We now face the problems of what to do with the rest of this great building. Most of it is presently unoccupied but it will still need maintenance. The precise solution to that problem is still in the early planning stage. To adapt the building so that maintenance costs will be reduced will cost about £150,000 and that hangs over us as a continuing need for the generosity of all those who support the human aims of the Leonard Cheshire Foundation as embodied in Freshfields.

Lively Business

The two largest fund raising events in the Freshfields calendar are the Desert Trek and the Annual Garden Party. The party is a combined effort run by all the Support Groups.

On a summer's day the grounds present a lively appearance with stalls manned by Support Group members selling many varieties of goods.

Often a marching pipe band and a local dance troupe perform for spectators, a bar and restaurant provides refreshments. The stalls do a lively business in clothing, toiletries, books, garden produce and strawberries and cream, whilst the game stalls, offering try your luck at darts, wheel of fortune, treasure hunt, etc., are thronged with customers.

More spectacular is the sponsored Desert Trek. Between Formby and Southport lies a wide expanse of unspoiled beach. On a suitable day in early Autumn, that is when the tide is low and a wide beach is available, the seven mile stretch is crowded with many hundreds of runners, marchers, walkers, strollers (and, alas, limpers), many with their dogs—as far as the eye can see. Mostly schoolchildren, but many adults too, they have canvassed for sponsors at so much a completed mile for weeks before.

Starting at Formby, with a half way stage where refreshments are provided, they march bravely on to the Floral Hall at Southport where the finishers names are recorded. An ambulance service covers the beach and the area is also covered by radio contacts provided by React volunteers to ensure that every possible mishap can be attended.

PICTURES ON

NEXT PAGES ►



Drawing for the raffle at a Freshfields function. Left: "Dot" Edwards, Neil Calderback drawing the ticket, Kathy Raisbeck in chair and standing is Peggy a helper and instructor in our Therapy Hall



Freshfields. By kind permission of Sefton Libraries and Arts Service

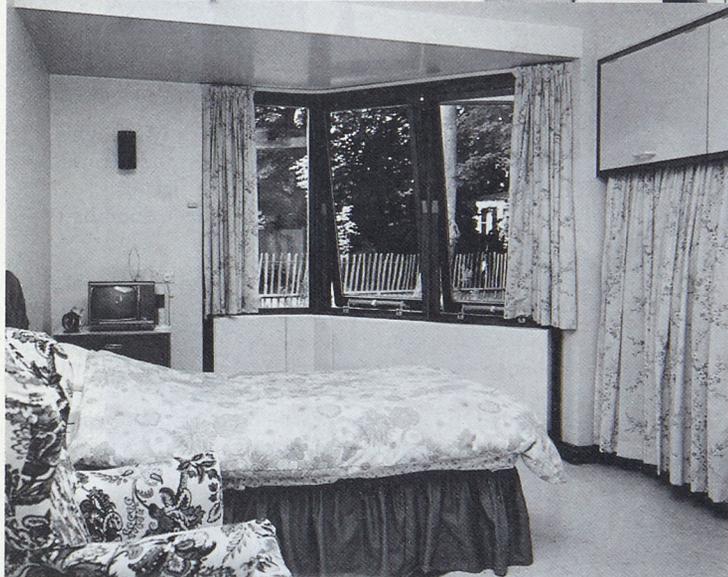
Freshfields



The small side chapel at Freshfields. Left to right: Dorothy Edwards, Ron Farington, Barbara Percival, who had a lot to do with renovation, Kathy and Eric Raisbeck and Alf Fazackerly

Freshfields

One of the six bedrooms in the new wing



The courtyard of the new wing showing the boxed gardens surrounding the goldfish pond and fountain

Back row: four Formby Youth Group members, Elsie and Alf—residents. Front row: a member of FYG, Kathy Raisbeck in chair and John Woodcock extreme right



Who can remember summer days when fairgrounds were powered by steam, the evening sky lit by the sparks and orange-grey smoke from tall chimneys on the Showmen's engines; crisp country days made picturesque by the sight of a pair of ploughing engines simmering on the headlands while the plough cut furrows straight and deep; wind-tossed days when the great iron steam-ships headed west across the Atlantic, smoke billowing from their funnels like black clouds against a setting sun?

For some the era of the steam engine is a fading memory, for others pictures in a book or tales heard at grandfather's knee; pictures that fade and tales soon forgotten, to be recalled briefly by teachers of history.

Deep in the heart of rural Wiltshire lives a talented lady who is preserving this great era for posterity. Pauline Osland, born with very poor sight and a malformed jaw, recreates the world of steam and fairground on exquisitely-sewn tapestries which are displayed at craft and steam rallies throughout the country.

Educated in Yorkshire, Pauline completed eighteen months of a secondary arts course at Wakefield Technical College and progressed to the intermediate course.

"Because money was short I had to leave college before gaining my diploma," she admits with no trace of bitterness.

Securing employment with Sirdar Wools, she began by compiling and checking patterns but her ambition was to design. Before long that ambition was realized when she advanced within the company to the pattern-designing department.

Interested in steam from childhood, Pauline frequented fairgrounds and steam rallies, increasing her love of these majestic machines. Her unusual hobby led to friendship and eventually marriage with Charles Osland, a widower who exhibited his models of steam engines for many years.

"Everyone seemed to be showing similar exhibits," she explained, "so we decided to provide something different—something that would appeal to women."

Not unnaturally her thoughts centred on an artistic attraction. She developed her ideas, designed pictures and worked them on to canvas—and was ready to begin exhibiting in 1972. Now her tapestries are a familiar sight in many parts of the country. There are few people with an interest in steam who do not know Pauline.

With no independent means of transport travelling requires much organization and even more determination. Pauline is a master of both these requirements.

"We exhibit about eight times a year," she said. "With curtailment of local public services we have to travel fifty miles to Bristol for connections to most places. Sometimes Charles' son takes us, occasionally we use a taxi, but often we walk three miles to catch the bus for Bristol. That is the price we pay for choosing to live in a village."

A TALENT FOR PRESERVATION

by Pat Fleming

One of Pauline's tapestries depicts a Marengi organ, complete with fine detail of the paintwork, including features on the faces of the figures. Measuring 30" by 20", this took sixteen months to complete.

Another depicts the showman's engine "Royal John" set against a background of a fair. Owned by H. Jennings & Sons of Devizes, this Wallis & Stephens single cylinder engine was used to drive a set of Gallopers—a Merry-Go-Round to the uninitiated. The engine was scrapped some years ago. Over a two year period Pauline immortalized it on canvas.

Her most ambitious and largest work so far is a picture of Enoch C. Farrar's Switchback together with two steam engines to provide power, one of which has a crane attachment for lifting the cars. Pauline's flair for colour and detail has captured for all time a ride that was destroyed by fire about fifty years ago. A humorous addition is the figure of a man standing between an engine and the Switchback.

"Charles insisted on being included in the scheme," she explained.

Time spent with Pauline Osland is as refreshing as a summer breeze. Witty, affectionate and gifted, her only desire is to give pleasure to others. Frequently spending as many as seven hours a day on a canvas, it can take as much as three years before the original idea is ready for exhibition. Financial rewards are few.

"Have you ever sold any of your pictures?" I asked.

"I couldn't keep up with the demand," she replied, "and I would be unable to show everyone a part of our heritage if they were sold to individuals."

Although Pauline has undertaken special orders such as a Royal Air Force badge and a commemorative picture for the Silver Jubilee of the Queen, such commitments restrict the time she can devote to exhibition work.

A busy housewife as well as an artist, she finds time to bake, knit and crochet. Her home is graced with the products of her talents and she has even found time to write a book for children. Participating in all aspects of village life, she is an active member of the Women's Institute.



Pauline Osland with her tapestry of Enoch C. Farrah's switchback and two engines

As we enjoyed mouth-watering home-made cakes and pastries with coffee I asked, aware of her extreme short-sightedness: "Do you have any trouble with the needles?"

"Only if they snap," she replied.

"I keep her supplied with ice," quipped her husband.

"Ice?" I queried.

"To cool the needles," he replied with a twinkle in his eyes. "She works so fast they become quite hot."

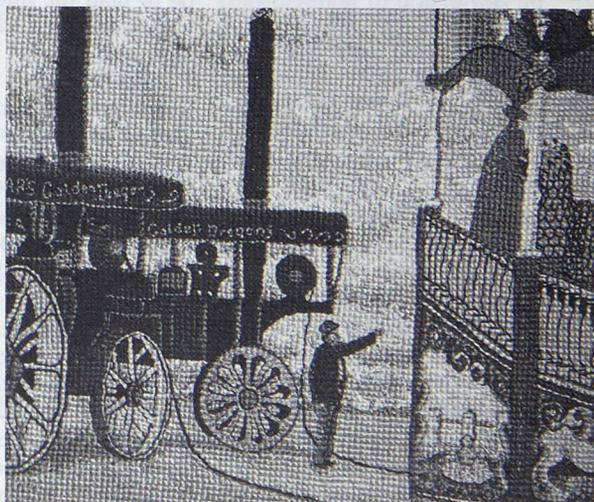
"Does your sight cause any problems?"

"None," replied Pauline. Then more seriously: "My only handicap is the prejudice of others. Because I look different some people assume I am simple-minded. They refer their questions to Charles and that makes me angry. I am quite capable of speaking for myself."

One has only to listen to Pauline or read her book—"Margaret & The Music People"—to know that she is endowed with a lively imaginative mind.

As I watched her working on her latest design—the S.S. Great Britain—I could only hope that long may she continue to display her art for our pleasure.

Photos: John Fleming



Close up of tapestry

Trustees of The Cheshire Foundation travelled from all parts of England in December to the Royal Estate of Sandringham to view progress on the conversion of Park House, Sandringham, to a country hotel for disabled people.

Park House, as most readers will know, was the birthplace and childhood home of the Princess of Wales, and was offered to the Foundation by Her Majesty the Queen in 1981, to be used for the benefit of disabled people.

Since that time a local steering committee, headed by Mr. Dennis Maiden, have been knee-deep in plans to make this special enterprise a winner.

A £1,000,000 appeal was launched in 1984 to raise funds to cover the costs involved in turning this Edwardian house into a really comfortable hotel to provide 25 beds in 16 single and twin bedded rooms each with its own bathroom, a comfortable dining room, two lounges, a bar and a South facing terrace overlooking the lovely grounds of the Royal Estate. The entire building will be made fully accessible to wheelchairs and will be installed with equipment for disabled people.

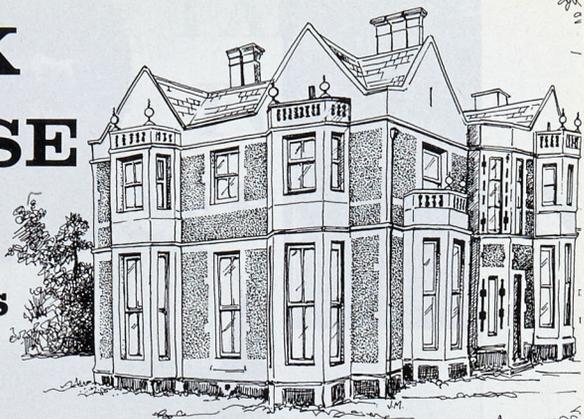
Trustees present on the fact finding tour included Mr. Peter Rowley, Chairman, Air Chief Marshal Sir Christopher Foxley-Norris, Chairman Emeritus, Sir Henry Marking, Vice Chairman, Mr. Peter Allott, Mrs. Pamela Farrell, The Hon. Mrs. Victoria Jolliffe, Mr. Jack Threadingham, Mr. Martin Roe, Mr. Bruce Weatherstone, Lady June Onslow, Mr. Dennis Greig, Mrs. Diana Cottingham, Mr. Brian Marsh and Mr. Peter Wade. Mr. Arthur Bennett, Foundation Director, was also present.

Armed with obligatory crash helmets to avoid flying debris from building work, the party were taken in groups on a conducted tour of the house by Mr. C. Wycliffe Noble, the architect who specialises in design for disabled people, and were able to visualise how the house will look when the builders finally move out at the end of 1986.

The tour of the house was then followed by a buffet lunch at nearby Bircham Newton and a

PARK HOUSE

Progress Report



presentation of the Committee's plans for Park House, including a video film which showed graphically how matters had progressed over the months. Mr. Maiden said his committee were totally dedicated and determined to make a success of the project to turn Park House into the sort of hotel where disabled people and their friends would receive excellent service in comfortable and beautiful surroundings and where they would want to return for a memorable and interestingly diverse holiday again and again.

Mrs. Patricia Jeffery, a member of the committee with responsibility for furnishings showed samples of the wallpapers and colour schemes for the main reception rooms, and described the kitchen equipment, fully geared for special diets. Everything, she said, would be chosen with loving care and the whole concept of the house would be to plan the interior in keeping with traditional Edwardian elegance.

After outlining his careful financial calculations, Sir Edmund Grove, Honorary Treasurer of the Committee, said they were hoping to open in January unofficially with a trial run to ensure that on the official day that the hotel opened its doors—probably 1st March 1987—everything would be perfect.

Mr. Edward Footring, the Foundation's Honorary Fund Raiser, revealed that the £1,000,000 appeal was going very well, but cautioned that inevitably as the goal was neared, money would start coming in much more slowly. It was at this time that renewed efforts must be made to keep the momentum going.

Progress was very encouraging but there was still a long road to travel.

Mr. Maiden ended by saying his committee had the greatest faith in the future of Park House, which he believed would be a very special enterprise and a landmark in the Foundation's history.

Sir Henry Marking, replying, said that he would like to assure the Park House Committee that everything they were doing had the full backing of the Trustees of the Foundation.

During the presentation it was announced that a Wedgewood commemorative plate of Park House, approved by the Queen, had been produced and would be sold in aid of Park House. It was a collector's item and there would be a limited edition of 2,500.

Among other fund raising efforts was the auction at Christie's (London) of six magnums of Krug champagne 1969—the vintage drunk at the Princess's wedding breakfast. These fetched £620 and were gifted to Park House by M. Henri Krug, one of the Royal Warrant Holders.

A message to readers of The Cheshire Smile from Mr. Dennis Maiden, Chairman of the Park House Management Committee: "I would be delighted to hear from disabled people indicating their interest in a holiday at Park House. Ideas for special interest weeks and other suggestions would be most welcome." Write to: Park House Management Committee, Westgate Farm, Near Walsingham, Norfolk. Inquiries concerning purchase of Wedgewood Commemorative plates to same address.

**Mrs Alice Rowell, 1903–1986,
Le Court**

Alice was the one person that everyone called to mind when you asked them what they could remember about their first visit to Le Court. It wasn't that she had a lot to say, because a speech problem prevented that. It wasn't that she was brilliant at anything. She was, like most of us, an ordinary person—but not quite.

She had a presence. She was always there; sitting outside her room in her wheelchair absorbing all the gossip and events that were going on about her. Her thoughts and opinions were communicated by a sharp penetrating look which left no doubt as to what she felt about the topic under discussion.

Alice's proud claim to fame during the last few years was that she had spent longer than anyone else as a resident in the Leonard Cheshire Foundation. She had been a resident at Le Court for over thirty-four years and had seen many changes from the early days when she came to live in the old Victorian mansion that took on the mantle of being the first Cheshire Home.

During all these years Alice was visited regularly by her daughter and son-in-law who came almost without fail once every three weeks. It was a particularly special occasion when in 1987 her great grandchild was born and a family portrait was taken of the four generations.

In earlier days when she was less disabled, it was her self-imposed task to wash up the crocks used for the evening drinks, usually accompanied by a refrain or two from the popular tunes of her youth. She had beautiful white-blond hair that was always well groomed and attracted great admiration and the brightest of blue eyes.

Being confined to her wheelchair for the last few years has meant that life was restricted to sitting about whilst others did things. But simply by sitting outside her room she made her contribution as a person. Alice will be missed by many people other than her friends for she was someone who was noticed by all.

Obituaries

Mary McMurray died on 27 May 1985, resident for 20 years. Mary was a very active member of the household until recent years when her disability prevented her from taking on physical tasks, but she always maintained her keen interest in the general running of Carnsalloch and the social activities.

Jim Grant died on the 17 October 1985, resident for 15 years. Jim was Carnsalloch's Residents' Representative on both house and management committees. A draughtsman by trade, he displayed a great concern for his Carnsalloch Family and it was Jim, who for many years, wrote on behalf of the residents for their annual report. His recent achievements are worthy of mention as he brought great honours to Carnsalloch. Jim passed the O level French exams with flying colours and won 2nd place in the Poetry section of the Creative Activity Contest organised by the Foundation.

Nellie Youlden, age 70 years died suddenly at Greenhill House, Timsbury, Bath on 4th November 1985. She was resident in the home since 1972 and is sadly missed by her relations and many friends.

Roger Taylor

It is with the deepest regret that we record the death of Roger Taylor on 28 September, age 66 at Spofforth Hall, Yorkshire.

Roger had been a resident for the past 22 years during which time he had always been a wonderful example of fortitude to his family and his wide circle of friends.

During the war Roger served with the RASC and was a member of the team which had the horrific job of clearing the Belsen Concentration Camp after liberation.

Conditions at the time were absolutely appalling and his family often wonder whether he picked up a virus in Belsen which laid dormant until he became ill after his war service. Apparently, at the time of liberation, meningitis was rampant among the starving inmates.

Roger was always a keen gardener and each year he grew tomatoes for the residents. He was also a lover of indoor plants especially geraniums and cactii.

He will be greatly missed at the home by all of us.

Freddie Critchley

Elmer Hood died 1 July 1985, resident of Carnsalloch for 2 years but in that short time he gave a great deal to all who knew this "Gentle Man". His gratitude and consideration to others was an example to us all.

Gordon Elliott died on 12 August 1985, Carnsalloch resident for 17 years. Gordon always extended the hand of Friendship to all visitors to the house. "Oor" Gordon enjoyed nothing better than to talk and because of this we are grateful to him for the many new friends he made on our behalf. He encouraged their interest in the work for the Foundation and in Carnsalloch in particular, and was always involved in the day to day running of the home.



THE LEONARD CHESHIRE FOUNDATION

Registered as a Charity Number 218186

Leonard Cheshire House, 26-29 Maunsel Street, London SW1P 2QN. Tel. 01-828-1822

Patron: Her Majesty The Queen

Founder: Group Capt. Leonard Cheshire, VC, OM, DSO, DFC

Past Chairmen: The Rt. Hon. Lord Denning, PC
Professor Geoffrey Cheshire
The Rt. Hon. Lord Edmund-Davies, PC

Chairman Emeritus: Air Chief Marshal Sir Christopher Foxley-Norris, GCB, DSO, OBE, MA

Chairman: Peter Rowley, MC, MA

Hon. Treasurer: Dennis Greig

Trustees: Peter Allott; E. L. Archer, OBE, DSO, AFC, JP; Dr. F. Beswick; Group Capt. G. L. Cheshire, VC, OM, DSO, DFC; Mrs. Diana Cottingham; Mrs. P. K. Farrell, OBE, JP; D. Greig; Dr. Wendy Greengross; Mr. David Mitchell Innes; The Hon. Mrs. J. H. Jolliffe; B. R. Marsh, LVO, MC; Sir Henry Marking, KCVO, CBE, MC; Mrs. G. Pattie; The Hon. Sir Peter Ramsbotham, GCMG, GCVO; D. M. Roe; Baroness Ryder of Warsaw CMG, OBE; J. Threadingham, MBE, DL; J. V. Tindal; Mrs. E. Topliss, BA; H. Turner; P. Wade; R. B. Weatherstone;

Director: Arthur L. Bennett; Administration Manager: Simon Hardwick; Asst. Treasurer: Rita Belletty; Mental Handicap and Mental Illness Adviser: Michael Libby; Personnel Adviser: Molly Roe.

Homes Planning Officer: Keith Cook, Family Support Service Adviser: Mrs Margot Hawker. Public Relations Consultant: Bill Simpson, Public Relations Officer: Mrs. Kay Christiansen Information Officer: Wally Sullivan. Training Adviser: David Watt

Leonard Cheshire Homes care for the severely and permanently handicapped. They are run as homes, and offer the affection and freedom of ordinary family life, the residents being encouraged to take whatever part they can in the day-to-day running of the house and to develop their talents. Disabled people are admitted according to need, irrespective of race, creed or social status. The management of each home is vested in a Committee as representative as possible of the local community. The Leonard Cheshire Foundation (a registered charity) is the Central Trust, and has ultimate responsibility for all the homes. It owns all the property, and acts as guarantor to the public that the individual homes are properly managed in conformity with the general aims of the Foundation. Similar charitable trusts have been established to control the homes overseas.

FAMILY SUPPORT SERVICES

The Family Support Services aim to provide personal care and help for physically and mentally handicapped people living in their own homes. It thereby helps to prevent or alleviate stress in families with handicapped member(s) and enables disabled people, whether living alone or with their families, to continue living at home for as long as possible. It is probable that family support services for disabled people (including services under the umbrellas of other organisations) will be greatly expanded as they meet the needs and wishes of so many people.

Family Support Services Adviser:

Mrs. Margot Hawker, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN. Tel: 01-828-1822 (Queries to Christine King).

SPECIAL SERVICES

Aids and Equipment Advisers:
Judith Cowley (South), Lesley King (North)

Flats for couples, one of whom is disabled:
Robin House, St. John's Road, Hitchin, Herts.

Disabled Students accommodation:
Taylor House, 16 Osler Road, Headington, Oxford. Oxford 68620.

CARE ADVICE SERVICE

Office: Leonard Cheshire House, 26-29 Maunsel Street, London SW1P 2QN.

Care Advisers: Hugh Bryant (South-West), Beryl Capon (South Yorks/Notts/Lincs), Mary Copsey (Central South), Brian Foster (Scotland and North-East), Bob Hopkinson (North-West), Sue Langdown (East Midlands), Harry Lowden (West Midlands), Alma Wise (South-East)

THE LEONARD CHESHIRE FOUNDATION HOUSING ASSOCIATION

Chairman: Matthew Bennett, 380/384 Harrow Road, London W9 2HU. Tel: 01-286-7664

The Leonard Cheshire Foundation Housing Association deals with requests from groups and individuals, or committees acting on behalf of physically and/or mentally handicapped people. To acquire property or land, apply for funding through the Housing Corporation or Local Authority, and arrange for the conversion or building of suitably adapted accommodation. The accommodation may range from hostels, group homes, sheltered housing or independent houses in the community.

THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

Chairman International Committee: Sir Henry Marking, KCVO, CBE, MC

International Director: Ronald Travers

International Secretary: Toni Morgan, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN. Tel: 01-828-1822

The Leonard Cheshire Foundation International comprises some 147 homes in 45 countries throughout the world.

THE RYDER-CHESHIRE MISSION (for the Relief of Suffering)

Registered as a Charity Number 235988

Founders: Lady Ryder of Warsaw, CMG, OBE, and Group Captain Leonard Cheshire, VC, OM, DSO, DFC, in association with Mother Teresa of Calcutta.

President: Mrs. Lakshmi Pandit.

Chairman: The Hon. Sir Peter Ramsbotham, GCMG, GCVO.

Administrator: Michael Humphrey.

The Mission was founded by Lady Sue Ryder and Leonard Cheshire for the principal purpose of pioneering new projects which, although fulfilling a clear need and in keeping with their general aims and objects, would not quite fall within the scope of their respective Foundations. Five such projects are:—

Raphael, the Ryder-Cheshire International Centre, P.O. Box 157 Dehra Dun, U.P., India which cares for some 300 people of all age groups who are in need.

Raphael comprises a colony for burnt out leprosy sufferers, a home for severely mentally retarded children, the "Little White House" for destitute orphaned children and a small hospital with two separate wings, one for general nursing and the other for the treatment of TB.

In addition, Raphael operates a mobile TB and leprosy clinic in the Tehri, Garhwal area of the Himalayan foothills. There is a Cheshire Home in Dehra Dun itself, so Raphael is not able to appeal locally for funds. With effect from June 1976, responsibility for its financial upkeep has been assumed by the several separate and autonomous Ryder-Cheshire Foundations which exist in Australia and New Zealand.

The administration is in the hands of a General Council and the Director is Major-General Ranbir Bakhshi MC (Retd.).

Gabriel, Mount Poonamallee Road,

Manapakkam, Madras 600-089, India

Gabriel is a training unit for leprosy and other patients who are living on their own in Madras but who are incapable of obtaining work because they lack a trade.

The Unit is financed mainly from Indian sources, but some help is given by the Ryder-Cheshire Mission.

The Chairman of the General Council is N. E. S. Raghavachari, ICS, (Retd.).

The Ryder-Cheshire Home, Jorpati, Kathmandu, Nepal

This home for 30 disabled young people is intended to complement the work of the existing Nepal Disabled and Blind Association which donated the land to the Mission. The home will concentrate on the rehabilitation of its residents and will share its training facilities with the N.D.B.A.

The home will be administered by a Governing Committee and a Local Administrator has already been appointed.

Because it is not possible to raise locally any of the funds needed to run the home, all the money required has to be found by the Mission within the United Kingdom.

Ryder-Cheshire Films Unit, Cavendish, Suffolk

This Unit produces films and video-tape programmes about the work of the Founders and their respective Foundations. Details of these productions are available on request.

Raphael Pilgrimages

A pilgrimage to Lourdes is arranged annually for chronically ill and permanently handicapped people who might not be accepted on other pilgrimages. Willing helpers are welcomed on these pilgrimages.

SUE RYDER FOUNDATION

Registered as a Charity Number 222291

Sue Ryder Home, Cavendish, Suffolk, CO10 8AY.

Founder: Lady Sue Ryder, CMG, OBE

Chairman: H. N. Sporborg, CMG

Honorary Councilors: Group Captain Leonard

Cheshire, VC, OM, DSO, DFC; Miss E. B. Clarke, CVO, MA BLitt (Oxford), JP; A. J. A. Green; W. L. Morris; J. Priest; A. Powditch, MC; Lady Ryder of Warsaw CMG, OBE; Mrs. M. Smith, JP, John L. Stevenson, FCS, ACIS, FTIL.

The Sue Ryder Foundation was established by Lady Ryder during the Post War Years, after she had been doing relief work on the Continent. Its purpose was—and still is—the relief of suffering on a wide scale by means of personal service, helping the needy, sick and disabled everywhere, irrespective of age, race or religion and thus serving as a Living Memorial to all who underwent persecution or died in defence of human values, especially during the two World Wars. Sue Ryder Homes care for the sick and needy of all ages, including children, and principally for the incurably sick and disabled, the homeless and those others for whom the general hospitals can do no more and who have no suitable place to go.

There are Sue Ryder Homes/Hospitals in Britain and overseas.

The Katumba Refugee Project

This project is concerned with work among 200,000 people in the Mpanda District of western Tanzania, of whom about 50% are refugees from Burundi. The project was launched in 1984 with the assistance of the United Nations High Commissioner for Refugees.

The objectives are: to provide for the treatment and rehabilitation of disabled children and adults; to train selected medical personnel in basic physiotherapy; to provide a workshop for the production of aids and prostheses; and to promote a greater awareness of the needs of the handicapped.

The Ryder-Cheshire Volunteers

The Ryder-Cheshire Volunteers were established in 1984 in order to enhance the leisure time of housebound people through visits by qualified volunteers. Pilot projects have been launched in Basingstoke and Didcot.

The Staunton Harold Project

Staunton Harold Hall in Leicestershire was purchased for the Mission in 1985 and will comprise a Sue Ryder Home for continuing care; a museum and display illustrating the subject of disability with special reference to the developing world; and the Headquarters of the Ryder-Cheshire Volunteers.